
Horizon Grief Resource Center



COME & CREATE

*Informational
Packet*

PROGRAM OVERVIEW

DETAILS

Dates: 3rd Tuesday of the month

April 20th, May 18th, June 15th,
July 20th, August 17th,
September 21st, October 19th,
November 16th & December
21st.

Time: 3:30—5:30 pm

Format:

3:30—3:40 pm: Hello's &
Introductions

3:40—5:10 pm: Work time
(everyone will be on mute so that
you can have your own
music/background noise or silence
while you work)

5:10—5:30 pm: Opportunity to
share what you worked on (not
required if you would rather not
share)

WHAT TO CREATE

Whatever you would like. This is time to work on any creative project, hobby, or interest you have. You will need to provide your own supplies for your chosen project.

WHY CREATE?

When we are under stress, like when we are grieving, our brains are affected (our access to language, thinking, learning & attention, and emotional regulation all go down and “fear center” activity in the brain increases).

However, our sensory systems stay on-line—movement, visual arts, music.

Doing something creative or sensory helps to reduce stress and bring all of our brain systems back on line. This can be a powerful tool to help us cope with grief.

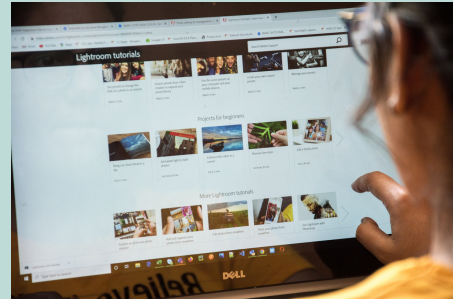
Having a dedicated time each month to create helps you build a habit. It gives you accountability and support from the others who have gathered.

HOW TO PREPARE

A Day—Week Ahead of Time:

1. *Pick a project or creative outlet that you would like to work on during the Come & Create time.*

2. *Watch any tutorials for your project/creative outlet or read any books or instructions for your project/creative outlet.*



3. *Gather your supplies. It can be helpful to do this several days ahead of time so that you ensure you have everything you need. If you don't have everything you need then you have time to order it or get it from the store.*



4. *Think about what space you are going to use for your Come & Create time. Make sure it has enough space for your computer, supplies, and room to work. Think about any supplies you might need—table cloth, paper towels, lighting, etc.*

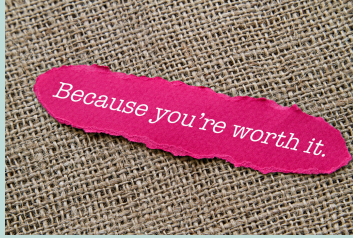


5. *If you haven't used GoToMeeting before, download the free app to the device you will be using. <https://global.gotomeeting.com/install>*

HOW TO PREPARE

The Day Of:

1. Set up your space prior to 3:30 pm. Double check that you have all of your supplies.



2. Commit to showing up for this time, just like you would a doctor's appointment, no matter what to do's or additional stressors impact your day. You are worth this!! Dedicating this time to yourself will make all the other things you have to do easier/faster---we promise!

3. Set an alarm or reminder on your phone/calendar for your Come & Create time.



10-15 Minutes Prior:

1. Log-in to Come & Create on GoToMeeting.

2. Have you on-line tutorials loaded in case you want to reference them. Have any books or instructions nearby in case you want to reference them.

3. Gather any last minute supplies (for example, water if you are painting).

4. Have a drink or snack nearby, if you'd like.

5. Hang your "Creating: Do Not Disturb" sign.



CREATIVE OUTLET IDEAS

3D Printing
Airbrushing
Animation
Art (any type)
Art journaling
Beatboxing
Bonsai
Book restoration
Brush lettering
Building
Calligraphy
Candle Making
Card making
Cardistry
Cartooning
Ceramics
Chalk art
Clothesmaking
Collage
Coloring
Crafting (any type)
Creative Writing
Crocheting
Cross stitch
Choreograph a Dance

Diamond painting
Digital arts/New Media arts
Diorama
Doodling
Drawing
Embroidery
Engraving
Fashion design
Felt crafting
Finger painting
Flower arranging
Fly tying
Furniture building
Gingerbread house making
Glass fusing
Glassblowing
Graffiti art (legally of course!)
Hand knitting
Jewelry making
Knitting
Knot tying
Lace making
Lapidary
Leather crafting
Lego building

CREATIVE OUTLET IDEAS

Lettering

Macrame

Magic

Metalworking

Miniature art

Mixed Media art

Model building (aircraft, cars, ships, military, sci fi, etc)

Model engineering

Nail art

Needle felting

Needlepoint

Origami

Painting (acrylic, encaustic, gouache, oil, watercolor)

Photography

Poetry

Pottery

Pressed flower craft

Puppetry (make puppets, shadow puppets, hand puppets)

Pyrography

Quilling

Quilting

Rail transport modeling

Rapping

Refinishing

Sand art

Scrapbooking

Sculpting

Sewing

Singing

Sketching

Soapmaking

Stained glass

Storytelling

Tapestry

Topiary

Upcycling

Weaving

Webtooning

Welding

Whittling

Wood carving

Woodworking

Worldbuilding

Writing

Writing music

WHERE TO FIND FREE TUTORIALS OR COURSES

1. **Youtube.com** has free videos for practically anything you'd like to learn or know. Pick an interest, such as watercolor painting. Then search. Helpful search words might be "watercolor tutorials" or "watercolor for beginners" or "introduction to watercolor".
2. Your **local library** has a variety of free resources. Connect with your local library and librarian for assistance.
 - a. **Books or DVD's**: Pick an interest, such as watercolor painting. Then search. Helpful search words might be "watercolor tutorials" or "watercolor for beginners" or "introduction to watercolor" or "watercolor projects".
 - b. **Gale courses**: The library offers these free online classes to their patrons. Some of their creative classes include photography, graphic design, drawing, guitar, creative writing, digital scrapbooking, and Photoshop. This is not an exhaustive list so check it out!
 - c. **Great Courses Library Collection**: You can access free Great Courses through RB Digital/Libby/Overdrive by using your library card. Some of the creative classes include: drawing, photography, piano, guitar, singing, and painting. This is not an exhaustive list so check it out!

FREE TUTORIALS

Haven Place fill-a-page challenge free video tutorials: (include doodling, watercolor painting, brush lettering, acrylic painting, sketching):

<https://www.youtube.com/channel/UCmEqbybk62Gve-aT1EBIC9Q/videos>

Hobby Lobby Do-it-yourself projects & videos: (categories include art, crafts, floral, home décor, jewelry making, paper crafts, seasonal & holiday, sewing, and yarn & needle crafts): <https://www.hobbylobby.com/DIY-Projects-Videos/c/13>

Home Depot DIY projects & ideas: (categories include home décor ideas, DIY projects, activities for kids, gift ideas, holiday ideas & projects, woodworking projects, etc.): https://www.homedepot.com/c/diy_projects_and_ideas

Let's Make Art free acrylic & gouache project tutorials:
<https://www.letsmakeart.com/pages/special-projects-catalog>

Let's Make Art free art journaling tutorials:
<https://www.letsmakeart.com/pages/art-journaling-catalog>

Let's Make Art free kids projects tutorials: (also great for adult beginners):
<https://www.letsmakeart.com/pages/kids-catalog>

FREE TUTORIALS

Let's Make Art free lettering tutorials:

<https://www.letsmakeart.com/pages/lettering-project-catalog-2020>

Let's Make Art free watercolor tutorials:

<https://www.letsmakeart.com/pages/watercolor-catalog>

MegaHobby video tutorials: (model building, air brushing, diorama):

<https://www.youtube.com/channel/UCM8HSps0ybljYLxNf9v5ecQ/videos>

Melody Ross free Creative Soul Searching projects: (cut & paste art

journaling): <https://www.youtube.com/channel/UCFnUjIPCurdzRNCHkQHx37Q>

You need to join the private Facebook group to get the free downloads:

<https://www.facebook.com/groups/433213794465896>

Michaels free online classes: (categories include yarn, fine art, paper, seasonal, jewelry, kids, crafts & hobbies, and home décor):

<https://www.michaels.com/classes>

Museum of Wisconsin Art free Studio Saturdays at Home art projects:

<https://wisconsinart.org/programs/studio-saturdays.aspx>

Busy Creating!



DO NOT DISTURB

*Please come back
after 5:30 pm.*

Thank you!

Please Do Not Disturb



CREATING

*Creating from
3:30-5:30 pm*

Creating from 3:30-5:30 pm



DO NOT DISTURB

Thank you!

Creating from 3:30-5:30 pm



DO NOT DISTURB

*Talk to you after
5:30 pm.*

Thank you!

*Don't stop my creative juices
from flowing!*



DO NOT DISTURB

*Talk to you after
5:30 pm.*

Thank you!