

Coloring Therapy!



What is Coloring Therapy?

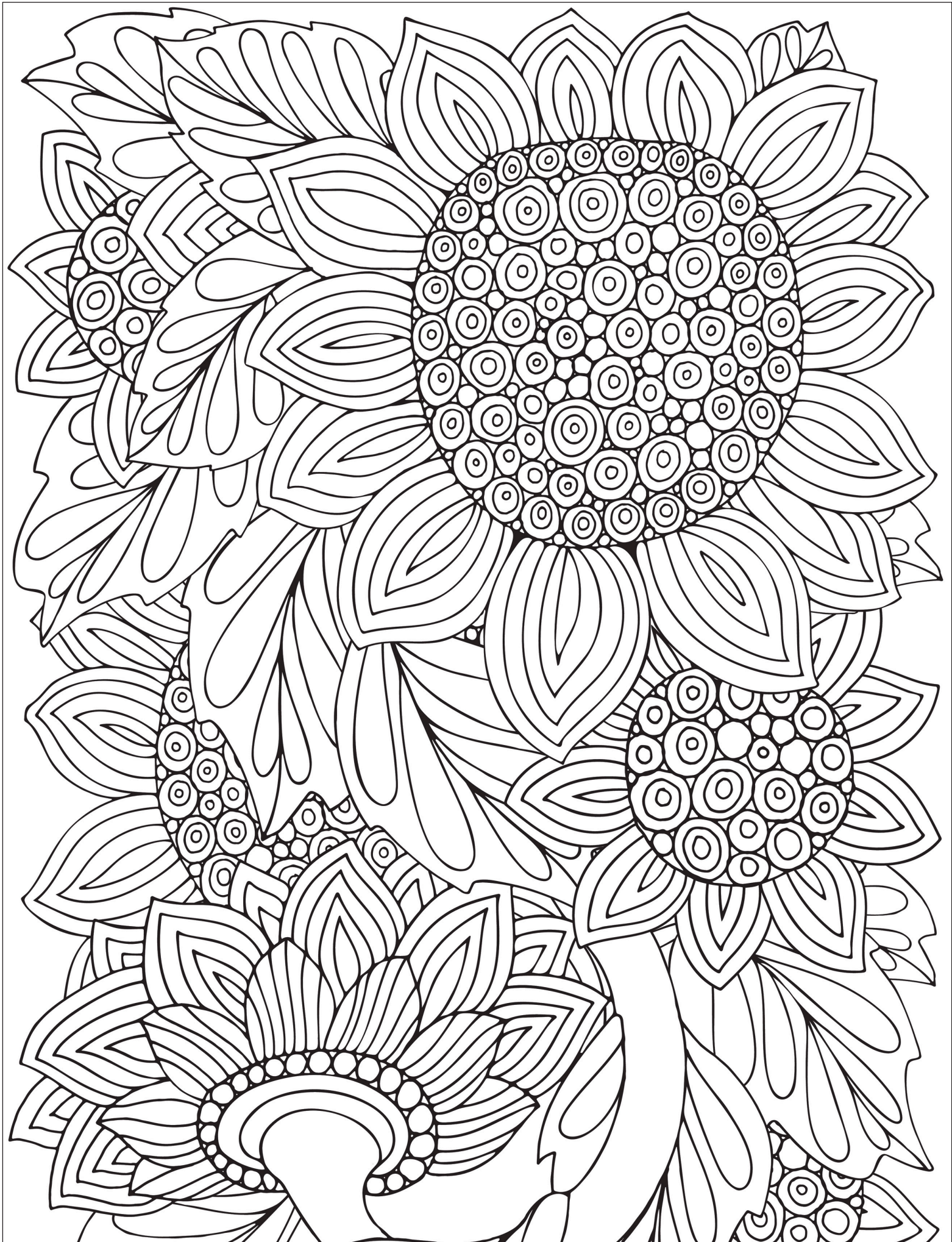
The practice of coloring induces a similar effect as meditation. Coloring helps the mind to slow down and prevents wandering into negative thoughts, so you feel more calm and relaxed.

So, grab some markers, colored pencils, paint, or whatever you have available, and enjoy the benefits of coloring therapy!











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