



# STUDIO FORGET-ME-NOT!

329 E. Main Street, Carnegie, PA 15106

## January, February, March

# 2026



Here's the Winter schedule for Studio Forget-Me-Not! There's truly something for everyone. We're offering two-hour classes, both sensory-friendly and non-sensory-friendly, to meet a variety of needs.

Our Wednesday Open Studio is a fun, creative space to explore, and the Sunday night Art Therapy Support Group offers a meaningful way to connect through art. Be sure to sign up early—classes fill up quickly, and space is limited for all sessions.

We're also continuing our thriving NEXT LEVEL program for approved participants.

If you're interested in advancing your creative journey, reach out to learn more about eligibility.

### Sunday

Creative Support Group (Zoom) – Free, 7:30–8:30 PM – FREE

With Kristin – A safe, creative space to connect, reflect, and refresh through simple art-making.

### Monday

Expressive Arts – 10 AM–12 PM, \$10

Explore mixed media and unleash your imagination. Teacher TBA

Calm Creations (Sensory-Friendly) – 2–4 PM, \$10

A quiet, supportive environment for artistic expression. Teacher TBA

### Tuesday

Calm Creations (Sensory-Friendly) – 2–4 PM, \$10

With Janice – A peaceful art space designed with sensory comfort in mind.

### Wednesday

We LOVE Art! – 10 AM–12 PM, \$10

With Laura, Clove, Janice – A fun, weekly adventure through various art styles and materials.

Open Studio – 2–4 PM, \$10

With Laura, Clove, Janice – Finish a project, start something new, or bring your own idea—guided and social.

### Thursday & Friday

#### Next Level: A Vocational Art Program – Free for qualified individuals, Full Day

This program is designed for artists ready to take the next step in their creative journey. Unlike traditional classes, Next Level focuses on building skills and professional growth for individuals who demonstrate:

- ✓ Strong work ethic
- ✓ Studio independence
- ✓ Dedication to their craft
- ✓ Passion for selling their work

Participants will:

- paintbrush Refine techniques
- bag Explore creative career paths
- gift Work in our retail space
- camera Exhibit their art
- hand Sell in the community



NFHCS.ORG

STUDIOFORGETMENOT.ORG

*This schedule is subject to change.*

For more info, contact: [lstuart@nfhcs.org](mailto:lstuart@nfhcs.org) or [cdarr@nfhcs.org](mailto:cdarr@nfhcs.org)