



**CTSTRONG**

# Young Adult Nights

at the Family Wellness Center

*In collaboration with Green Street Arts Center instructors and other local community instructors*



**Mondays and Wednesdays from 3–8 p.m.**

635 Main Street, Middletown, CT 06457

**FEATURING:**

- Tutoring
- Relaxation
- Music
- Gaming
- Art
- Creative Writing
- Movies
- Movement Activities

*...and so much more!*

For more details about our program,  
please contact **Kai Belton** at  
**(860) 347-6971 extension 3920**



# CTSTRONG Workshops

## Young Adult Nights Schedule:

- 3-5pm – Tutoring
- 5-6pm – Free Time
- 6-8pm – Structured Programming

## MONDAY NIGHT WORKSHOPS:

### Songwriting

**Mondays from 6:30-8pm; starting on 11/14/16 and running through 1/9/17; no class on Monday, 12/26/16**

Teaching Artist: Liz Dellinger

Do you enjoy writing poetry or make up lyrics to songs? Join us for an 8 week-long workshop that focuses on developing songwriting skills and preparing for music production. This workshop will include discussion of rhythm, melodies, music theory, song structure and genre—as you relate to songwriting. Work together with your peers and individually to create your own original work!



## WEDNESDAY NIGHT WORKSHOPS:

### Creative Community Movement

**Wednesdays from 6:30-8pm; starting on 11/16/16**

Teaching Artist: Kerry Kincy

Together we will build a sense of community through expressive arts and movement to discover an environment to inspire creativity. Combining ideas and expressions, we will transform challenges into creative discoveries. This workshop will include developing flexibility, reducing stress, and building confidence and feelings of well-being.



Workshops will be held at:

**Family Wellness Center**  
635 Main Street, Middletown, CT 06457

For more information on these workshops, please contact **Kai Belton** at **(860) 347-6971 extension 3920**