

NOVEMBER 18TH–DECEMBER 30TH  
HARMONY FOUNDATION



# RECHARGE + RESTART

FORT COLLINS RECOVERY CENTER



NOV

## 18TH

Seven week course meets  
every Wednesday through  
Dec. 30th

RECHARGE + RESTART  
COST: \$50  
6-7 PM MT

Artist Amanda Gold

REGISTRATION:  
[harmonyfoundationinc.com/art](http://harmonyfoundationinc.com/art)

## Art for reflection and starting fresh in a new year

Over the course of seven weeks participants will make art and utilize creative processes to cultivate gratitude, acknowledge accomplishments, forgive and release challenges and hard times, and powerfully set intentions around what they want to call in and create in the next year. We will create a space also in which to navigate difficult emotions that can crop up during the holidays, and to nurture a festive atmosphere of togetherness and celebration. **15 participant limit!**

### ABOUT THE INSTRUCTOR

Amanda Gold is a Denver artist, life coach and recent Naropa Graduate. She was an Interdisciplinary Studies major where she explored Peace Studies, Women's Studies, Visual Art, and Social Innovation and Entrepreneurship. She has a background in social work, serving marginalized populations as a peer support specialist and case manager. She has also worked as an advocate and consultant for various grass-roots organizations to improve the lives of people experiencing homelessness. She has been making art for as long as she can remember and has been exploring the healing power of the creative process for the last decade. She recently celebrated six years sober and absolutely believes her art-making helped make that possible. Amanda is deeply passionate about using her lived experience to help others recall their own beauty, creative fire, and highest potential so that they can feel joyful, free and as though anything is possible...because it is.

CONTACT: Michael Arnold  
970.451.1646  
[marnold@harmonyfoundationinc.com](mailto:marnold@harmonyfoundationinc.com)

FORT COLLINS RECOVERY CENTER  
109 Cameron Drive  
Fort Collins, CO 80525  
[harmonyfoundationinc.com](http://harmonyfoundationinc.com)