

Intensive Family Support Services (IFSS) of Middlesex County
Supported by National Alliance on Mental Illness (NAMI) of Middlesex County

"Wellness Painting in the Park"

Please join us for this relaxing wellness program on:

Saturday, May 14th, 2022

Time: 9:30 Am ~ 12:00 Pm

Location: Donaldson Park, Grove #1, Highland Park, NJ



Canvas Painting
Light Refreshments
Delightful Company

All in a Tranquil Outdoor Setting

Canvas Painting delivers many health benefits. It is therapeutic because it allows the mind to focus on the images at hand and on nothing else. This focus toward one central topic relieves stress on the mind and in turn relaxes the body. Pick up a paintbrush and try out this enjoyable hobby, while being led in a step by step painting activity. Don't miss this opportunity for self-care!

**** Families and Adult Consumers Welcome to Attend ~ Registration Required ~ Register Soon, Space is Limited! ****
Please call IFSS at **732-235-6184** to register no later than Tuesday, May 10, 2022.

Driving Directions to Donaldson Park, Grove #1
526 South 2nd Ave, Highland Park, NJ

From Route 287 North

Take Exit 2b (27 South, New Brunswick)

Follow through Edison into Highland Park, Route 27 becomes Raritan Ave.

Make a left at South 2nd Ave.

From Route 287 South

Take Exit for Route 1 South

Follow directions for Route 1

From Route 1

Take exit for 514 West (Highland Park)

This will merge into 27 (Raritan Ave.)

Follow into Highland Park

Make a left at South 2nd Ave.

From Garden State Parkway:

Take Exit 129 (NJ Turnpike)

Take Turnpike South

Follow directions for NJ Turnpike

From NJ Turnpike:

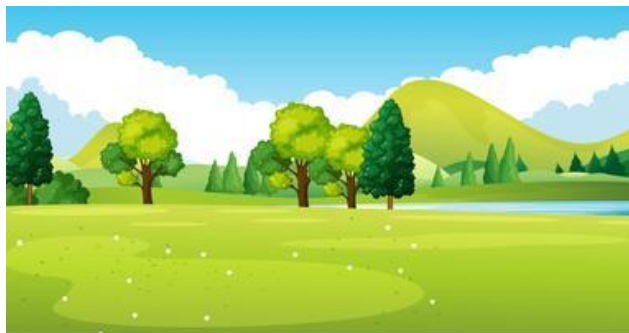
Take Exit 9 (New Brunswick)

Follow on 18 North

Take Exit for 27 (Raritan Ave., Highland Park)

After crossing over bridge, make right at 4th traffic light onto South 2nd Ave.

When you enter the park, keep **RIGHT** and follow the signs to **GROVE #1**.



If you have any questions, please call: 732-235-6184