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

“Painting in the Park”

Please join us for this relaxing wellness program on:

Saturday, September 26th, 2020
Time: 10:00 Am - 12:30 Pm
Location: Johnson Park, Grove #2, Piscataway, NJ 08854

Canvas Painting
Guided Meditation
Light Refreshments
Delightful Company
& Much More...

All in a Tranquil “Socially Distant” Outdoor Setting

Canvas Painting is not limited to being just an artistic endeavor, but also 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. Creating art teaches you to be attuned with an aesthetic of the visual world around you and makes you appreciate the beauty in and of life. Pick up a paintbrush and try out this enjoyable hobby!

** Families and Adult Consumers Welcome to Attend ~ Registration Required ~ Register Soon, Space is Limited! **

Driving Directions to Johnson Park, Grove #2 (Near Zoo), Piscataway, NJ 08854

From Route 287
• Take Exit 9 (Highland Park)
• Follow River Rd. toward Highland Park (2 miles)
• After Johnson Dr., the park begins on your right
• Park runs parallel to River Rd.

From Route 1
• Take exit for Route 18 North
• Take Exit for Highland Park/Route 27 North
• Make left at traffic light onto River Road
• Park begins on the left at 1st traffic light (Cedar Lane)
• Park runs parallel to River Road

From Garden State Parkway
• Take Exit 129 (NJ Turnpike)
• Take NJ Turnpike South
• Follow directions for NJ Turnpike

From NJ Turnpike
• Take Exit 9 (New Brunswick)
• Take Rt. 18 North
• Take Exit for Highland Park/Route 27 North
• Make left at traffic light onto River Road
• Park begins on the left at 1st traffic light (Cedar Lane)
• Park runs parallel to River Road

If you have any questions, please call: 732-235-6184
During inclement weather, please call our After-Hours Coverage line at (732) 991-3143 or (908) 433-2291