




## Contact Us

### Social

 [the.respite.franklin/](https://www.instagram.com/the.respite.franklin/)

 [the.respite.franklin/](https://www.facebook.com/the.respite.franklin/)

### Website

[franklinfumc.org/the-respite/](https://franklinfumc.org/the-respite/)

### Email

[jtodd@franklinfumc.org](mailto:jtodd@franklinfumc.org)

### Open Session Times

Drop by our web site for details on open session times and locations.



### Join the Participant Group

Scan the QR to join our participant group for quick updates and a peek at new practices.



# Drop into the Respite

**Explore self-expression, meditation, and centering through the creative process. We look forward to seeing you at The Respite.**

Where creativity is about the process, not the finished work.



# The Power of Healing Through Art



Healing art provides a safe, creative outlet for expressing feelings and fears that can be hard to put into words, especially when navigating loss or trauma.



For children and teens who may feel out of place or disconnected from the world around them, healing art offers a gentle way to explore their emotions and sense of belonging.



This practice is also beneficial in managing anxiety, supporting the grief journey, and has been shown to be effective for those living with dementia, Alzheimer's, and Parkinson's.

[franklinfumc.org/the-respite](http://franklinfumc.org/the-respite)



# About The Respite



## Discover at Your Own Pace

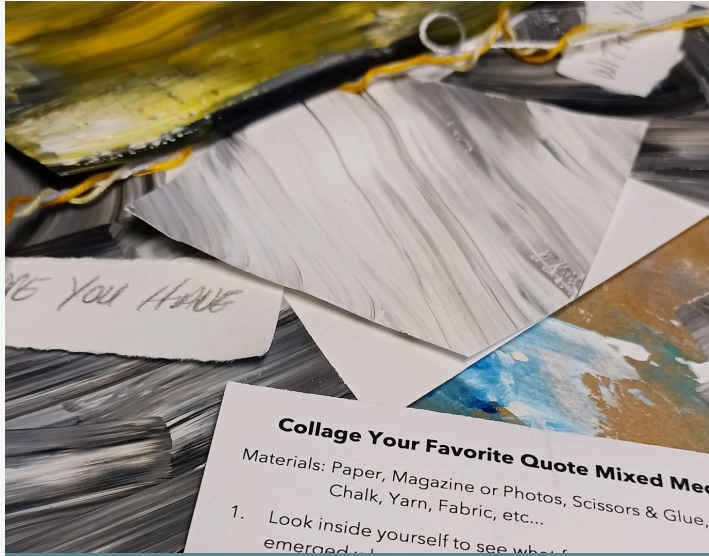
The Respite is a space for personal exploration, where you're free to chart your own path. While we're located within a church, we are not a religious program. Our role is to offer support through our presence, without giving advice. This is your time, and we're here to encourage and provide suggestions, letting you take the lead in your journey.

## Welcoming All & Always Free

The Respite is a safe, inclusive space that is open to the public and completely free of charge. We foster an environment of patience, compassion, and acceptance, embracing everyone just as they are.

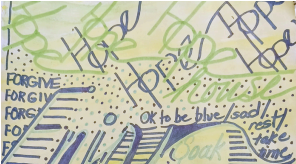


# What to Expect



**Our open sessions at The Respite allow you to drop in at any time and stay for as long as feels right for you. We're here simply to be present with you, offering a welcoming space for whatever you need.**

**You can visit our main studio at 148 Fifth Ave. South in Franklin, Tennessee. For details about open session times, scan the QR or visit us at [franklinfumc.org/the-respite](http://franklinfumc.org/the-respite).**



At The Respite, we provide a wide range of creative options, allowing you to tailor your experience and make it uniquely your own.

We also offer a daily suggested art practice to help ease your experience, giving you one less decision to make as you focus on your day.