

New In-Person Group

Photography for Wellness

Every Tuesday 2:00 – 3:00 pm
Heart & Soul Community Drop-In Center
Instructor Jerry Hill



Learn how to use your camera for self-expression and wellness. Instructor Jerry Hill will teach you how to enhance your photography, whether you use your cell phone or digital camera. **Topics we'll be exploring:**

- Maximize the versatility of your mobile phone's camera
- Learn how to customize your camera's manual settings
- Grow your photography skills for landscape and nature photography, portraits, action shots, and more
- Digital photo editing
- Experience the many ways photography can bring you joy, self-expression, and a new way of seeing the world



In Partnership with Caminar's Supported Education Program



Mental Health Peer Support for San Mateo County

1633 Old Bayshore Hwy, Suite 258, Burlingame, CA 94010

Office Phone: 650-232-7426

For information, email: info@heartandsoulinc.org

Need to Talk? Call our Peer Warm Line 650-231-2024

for instant access to peer support counselors and mentors

www.heartandsoulinc.org