

New In-Person Group

Photography for Wellness

Every Monday 3:00 – 4:00 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

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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