

# Paint Your Tees for Mental Ease – Collaboration with SSF:

Published 2/11/2025 by [Alicia Corke](#)

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## 1. Paint Your Tees for Mental Ease – Collaboration with SSF:

**Date:** Thursday, February 6, 2025

**Time:** 12:00pm-2:00pm

**Location:** SSF Hive at S@Y

**Description:** Create a personalized t-shirt for yourself filled with motivational and uplifting affirmations to get you going throughout the day. This event will help you express your creativity all while feeling a sense of calm. Please see the attached flyer for more details!