



# January

## SERENITY HIGH NEWSLETTER

### IMPORTANT DATES

- 4- Back to School from break
- 5- Focus Group w/ Shannon
- 6- Art w/ Mrs. D & Yoga w/ Mary
- 7- Community Service - Hius Cafe
- 12- Focus Group w/ Shannon
- 13 - Art w/ Mrs. D
- 14- Community Service - Hugs Cafe
- 17- NO SCHOOL
- 19- Focus Group w/ Shannon
- 20- Art w/ Mrs. D & Yoga w/ Mary
- 21- Community Service - Hugs Cafe
- 26- Focus Group w/ Shannon
- 27 - Art w/ Mrs. D
- 28- Community Service - Hugs Cafe

### Dean's Corner

I would like to thank the McGarr family and Valliance Bank for their generous donations to Serenity's art program! I would also like to thank Jason Hernandez for all his does to help make things happen at Serenity!

### CONGRATULATIONS TO OUR NEWEST GRADUATE:

**JACOB**

**Jacob is now working full time at a car dealership learning to be a mechanic. We are so proud of him!**

### MAKING CONNECTIONS THROUGH ART....

Serenity will be haing art classes one day a week with Mrs. D! We are very excited and want to give her a warm welcome and introduction.

Deana McGarr loves to paint joyful art, rollerblade with her 15-year-old daughter, travel with her husband, and wear festive fuzzy slippers for shoes. She holds a BFA in Visual Communications from The University of Oklahoma and is a Cooper Institute Accredited Healthy Lifestyle Coach, with 18 years experience as a yoga-pilates teacher. After enduring the life storm of child loss in 2017, she felt prompted to write words of hope. As a result, she became a contributor to the "Families Anonymous" bereavement book entitled "Heartfelt Stories from Parents Who Have Lost a Child to Addiction" and believes that finding ways to express yourself in grief is restorative. Creating while grieving inspired her to become a Therapeutic Art Life Coach. She is looking forward to helping the students of Serenity express themselves through the "Healing Arts" therapeutic art program that she has developed in the loving memory of her son, Grant, a former student of Serenity.

Visit her at [deanamcgarr.com](http://deanamcgarr.com)  
Smiles to you! Deana (Dee-na)