



**FOR IMMEDIATE RELEASE**  
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**Color Me This: Adult Coloring Therapy at New Braunfels Public Library**

**New Braunfels, Texas** — The New Braunfels Public Library is offering adult coloring therapy sessions on the first Thursday of each month from 9:30 -11:00 a.m. On the second and fourth Mondays of each month, the library will also be hosting evening coloring therapy sessions from 6:30 – 8:00 p.m.

“Studies have shown that coloring helps adults relieve stress and helps with the brain’s ability to focus,” said Adult Services Librarian Toni Davenport. “In addition, coloring provides a time to explore the artistic side of oneself through a familiar format – coloring. There are a wide variety of art products used in coloring today and the library will help attendees explore those various mediums as well.”

Ms. Davenport will be leading the Coloring Therapy sessions along with Michelle Johnson, a life-long coloring enthusiast who has authored her own coloring book: *Doodled Blooms: a Hand Drawn Coloring Book of Fantastical Flora for Everyone*. Ms. Johnson will discuss a variety of techniques as well as her own coloring journey and the creation of her book.

“For Michelle, one of the greatest joys of becoming a coloring book illustrator has been being able to see how beautifully and uniquely others' creativity shines through her drawings,” Ms. Davenport noted. “Participants may choose from her book as well as several others the library will provide.”

The Coloring Therapy sessions are free and open to the public and no registration is necessary. Participants may bring their own art supplies; however, the library will provide all supplies necessary to participate.

These sessions are made possible with the support of The Friends of the New Braunfels Public Library. For further information, contact Toni Davenport at 830-221-4300.

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