



Mindful Making workshops Frequently Asked Questions

Q: What is Mindful Making workshops at the Scott Family Amazeum?

A: Creativity is self-care! Mindful Making programs are designed around the healing practice of slowing down and focusing on the process rather than the product. In this workshop, hands-on making activities are thematically tied to universal themes of mindfulness, intertwining the physical act of making something with the mental practice of self-care. Mindful Making workshop activities are process-driven, material-rich and, maker-oriented. Our tinkering and making experts will guide you every step of the way, so no prior experience with making or mindfulness is required!

Q: What ages are allowed to attend Mindful Making workshops at the Scott Family Amazeum?

A: The workshops are designed for participants 18 years and older.

Q: Is there a discount for Amazeum members?

A: Yes! Amazeum members enjoy a discount on registration and early access to registration.

Q: How do I sign up for the Mindful Making workshop?

A: You can sign up for each series online through the Amazeum website. In the 'Programs' menu, select 'Teens/Adults' to find your program of interest.

Q: Will I receive a confirmation of my registration?

A: Yes, the Amazeum will send you an email confirming your online registration. Please check your spam folder and inbox for the email confirmation.

Q: How do you recommend teens dress for the Mindful Making workshops?

A: Workshop participants should dress appropriately. Closed-toe shoes are required. Do not wear loose fitting, gloves, jewelry, watches, or anything else dangling that might get caught in a piece of moving equipment. Long hair should be tied back. Personal protective equipment such as goggles and hearing protection will be provided as appropriate.

Q: We are early birds at our house. Is it okay if we arrive early for the workshop?

A: Mindful Making will begin promptly at the start time listed in the program description. Please arrive on time but no earlier than 10 minutes prior to the listed start time.

Q: I need to cancel my registration. How do I cancel and can I get a refund?

A: At this time we are unable to offer refunds for canceled registrations. Please plan your schedule accordingly so that you can attend your selected program.

Q: I'd like more information about future teen programs or events. Where can I learn more and who should I contact?

A: You can learn more on our website in the 'Programs' menu or please contact Meg Benedetti, Tinkering Manager at mbenedetti@amazeum.org.