



DRAWING ON STRENGTHS

An art based group for challenging negative thinking and building self –esteem.

Being a teen can be very stressful!

This is an art therapy group focusing on improving self-esteem, creating friendships, improving self-awareness, and learning to regulate emotions through challenging negative thinking and building new coping techniques.

This group is open to any individual ages 14-19 whether this student is neurotypical or atypical. Ideal for supporting mental health needs (improving mood, decreasing stress and anxiety).

Group will be held on Tuesdays 4-5 PM.

Investment in group is \$509 for the 10 weeks.

Drawing on Strengths will run May 15 – July 24 (No group July 3)

An Initial appointment is necessary prior to group starting.

Art therapy uses a combination of counseling techniques and the art-making process to help individuals work through personal challenges, understand emotions, and identify strengths. The process of making art, exploring the art visually, and exploring the art verbally with the art therapist to understand the meaning of the images created in session can improve and enhance the mental, emotional, and physical well-being of individuals. In a group setting, the benefits of art therapy are enhanced by the presence and witnessing of others with common goals.



Groups held at 245 N Metro Dr Appleton WI 54913
Contact us for more information on how to register:

info@expressivetherapies.net

920.903.1009