



Join us the 1st Saturday of each month from 10am-11:30am



FAMILY ART STUDIO

Expressive Therapies is providing an opportunity for families to explore our art studio, engage together, get creative, and make memories that will last a lifetime! Check out our Facebook page and website for our monthly project and creativity updates!

What can be learned by creating art?

- Creativity, Intuition, and Imagination
- Emotional Regulation
- Emotional Expression
- Communication and Observational Skills
- Improved Self Esteem
- Relaxation and Reflection Skills

- Engaging in the creative arts can improve a person's emotional, physical, and mental well-being.

- All artistic skill levels and styles are welcome!

- Art supplies will be provided, but please feel free to bring personal art supplies as well!

For more information about other services Expressive Therapies offers, please visit our website at www.expressivetherapies.net

Fee: \$12/family
No need to register, feel free to drop in!
Questions? Please contact us:
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Serving the Fox Cities, Wisconsin

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