



Wednesdays from
11:00am-12:15pm
June 13 – August 15
No group week of July 4

MID-WEEK MINDFULNESS

Art therapy can be used as a means to connect the mind and body in relation and response to relaxation, stress, and trauma. Through this connection, transformation can occur, creating a path towards growth and healing. Through the mind-body connection, emotions are manifested throughout the body. Artwork (both images and engagement with the creative process) acts as a bridge, connecting the mind with the body. This is a 9-week Art Therapy group focused on Mindfulness, Relaxation, and Reflection Skills.

What can be experienced with a regular Mindfulness practice?

- Decreased Levels of Stress
- Feeling More Present in Daily Tasks
- Increased Emotional Regulation and Self-Control
- Improved Social and Relational Skills
- Improved Concentration
- Enhanced Mental Health and Functioning
- Greater Sense of Well-Being and Self-Worth
- Open-mindedness and Gratitude

Each week, participants will have an opportunity to engage in a Mindfulness or Guided Imagery experiential, and then have time to artistically reflect on their emotional, mental, and physical wellbeing. Our goal is for each participant to improve Mindfulness Skills, and connect mind, body, and breath, over the course of the 9-week group!

Engaging in the Creative Arts can be healing!

This group will include both Art Therapy and Mindfulness experientials. There is no need to have any prior experience or artistic skill level to benefit from the powers of the creative arts. Art supplies will be provided, however, participants are also welcome to bring personal art supplies as well.

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

An initial appointment is needed prior to starting group. To set this appointment, and reserve a spot in group, or if you have any additional questions, please contact us at: 920.903.1009
info@expressivetherapies.net

Serving the Fox Cities, Wisconsin

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