

The Art of the Moment

A Mindfulness Based Art Therapy Group



Mindfulness is not about keeping ourselves from becoming upset.

Emotions, even the ones harder to manage, hold information about ourselves, our opportunities, and our abilities. Mindfulness provides the tools and the opportunities to practice identifying and exploring our emotions.

The Art of the Moment is a 10- week Art Therapy group for adults that combines the power of creative expression and reflecting on the moment. At the beginning of each group we will be starting with neurologic music therapy techniques to address executive functioning skills. Benefits of joining The Art of the Moment include increased opportunities to build self-esteem, engage in self-expression and emotion regulation through creative expression, as well as providing the opportunity to learn and practice new coping skills.

No previous experience or skill in the creative arts is necessary.

The Art of the Moment begins May 14th, 2018 and will meet Mondays from 1:00p.m. - 2:15 p.m.

An initial appointment is necessary prior to group starting.

For more information on pricing/how to register, contact us at:

info@expressivetherapies.net

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