



Strengthening Social Skills through group Music Psychotherapy!!

FOCUSING ON PRACTICAL STRATEGIES TO IMPROVE SOCIAL & COMMUNICATION SKILLS.

- Small group setting with participants of similar ages and strengths
- An initial appointment is required prior to your child/teen beginning in the group setting
- Cost is \$509 for this 10-week group. Insurance and/or other funding may be available to help offset the cost. Please contact Expressive Therapies to discuss what out-of-pocket costs may be for your individual situation!

Social skills Level 1: Mondays 4-4:45 May 14 – July 30 (no group on Memorial day or week of July 4th)

Social skills Level 2: Wednesdays 4:15-5:15 PM May 16 – July 25, 2018 (No group on July 4th)

Please contact Expressive Therapies for more information on how to register and set up the initial appointment.

Music is a very powerful tool! We don't need to have any experience or special talent on an instrument in order to benefit from the powers and motivation of music! These groups will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing and working together with problem solving and teamwork!

Through small group music psychotherapy interventions – group participants will gain experiences with:

- Social use of language
- Initiating and maintaining conversations
- Gaining empathy and perspective
- Improving attention and organization
- Improving emotional regulation
- Improving interpersonal skills
- Improving self-esteem

Groups are held at our location:

245 N Metro Dr
Appleton WI 54913

920.903.1009

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