

Wednesdays 5:30-6:30
May 16 – July 25, 2018
No group July 4, 2018



- Small group size of similar ages and strengths
- An initial appointment is required prior to your child/teen beginning in the group setting
- Group fee - \$509 for 10 weeks. 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!

Tuning in Through Music and Art!

A group for preteens and teens to learn to use music and art in grounding & centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy and communication skills!

Through small group music and art psychotherapy interventions group members will gain experience in:

- ✓ Being Socially Engaged
- ✓ Initiating and maintaining conversations
- ✓ Gaining empathy and perspective
- ✓ Improving attention and organization
- ✓ Improving interpersonal skills
- ✓ Improving self-esteem
- ✓ Gaining insight into their emotions and appropriate affect
- ✓ Improving emotional regulation / self-regulation skills
- ✓ Improving mindfulness and relaxation skills
- ✓ Improving leadership skills

Younger students are invited to be involved in our Social Skills Through Music Psychotherapy group!

The creative arts are 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 and art! These groups will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing, different art mediums and interventions, and working together with problem solving and teamwork!

Contact us:
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920.903.1009
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Groups are held at 245 N Metro Dr, Appleton 54913