

SPRING 2023 GROUPS



MONDAY

Social Skills II

Start June 5**

11:30 AM

Youth Music Group

CODA

Start May 15*

4 pm

Teens/Tweens
Music Group

REVERB

Start May 15*

4:15 pm

Tweens Music Group

Let's Move It

Start May 15*

4:30pm

Preteens/teens
Music & Movement

Socializing thru Music

Start May 15*

6:15 pm

Teen/Young Adult
Music Group

TUESDAY

Rhythms & Regulation

Start June 6**

11:45am

Youth & Caregiver
Co-Regulation
Music Group

SPACE

*New Group

Start June 6**

4:15 pm

Youth Music Spatial
Awareness, Executive
Functioning &
Self-Regulation

WAM

Start May 30**

4:30 pm

Storytelling, Art,
& Music

TNT

Start May 30**

5:30 pm

Creative Arts Group
Self-Regulation

WEDNESDAY

Communicate to Regulate

*New Group

Start May 31**

4 pm

Youth music
Communication &
Regulation

Rhythmic Rehab

*New Group

Start June 7**

4:00 pm

Youth & Caregiver Music
Therapy & Physical
Therapy group

Strumming and Songwriting

*New Group

Start May 17*

4:15 pm

Teens/young adults Basic
guitar/ukulele skills and
songwriting

THURSDAY

Groovin' in the Music

Start June 15***

2 pm

18 ½ months to 4 years
w/Caregiver Music Group

BEAT

Start May 18*

4 pm

Creative Arts Group
Ages 9-13

FLOW

Start May 18*

4:15 pm

Teens Creative Arts &
Mindfulness

Social Skills I

Start May 18*

4:15 pm

Youth Music Group

Tuning In

Start May 25*

5:15 pm

Teen/Young Adult
Creative Arts Group

FRIDAY

Just for Today

Start May 19*

10:15 am

Adult Open Art Studio



*Please see individual group
flyers for full details.*

The Spring Group session has a
variety of start dates and 3
separate registration dates.

Registration deadlines
are noted with a * by
each start date:

* denotes Sunday, May 7

** denotes Sunday, May 21

*** denotes Wednesday, June 7

**Late registrations
will not be accepted.**

Ask your child's therapist
about a group recommendation
and/or contact the office
regarding registration
information.



BEAT

Marching to Your Own Rhythm

Group Dates: Thursdays, May 18 – July 27

- **No Group: Thursday, July 6**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4 - 4:50 pm

Parent Pick up/Check In: Group members will be brought out to lobby at end of group, please meet them at the door. If you would like any updates about group, please contact a group leader.

Registration Information:

- **Registration Deadline: Sunday, May 7**
 - No late registrations will be accepted
- **New Clients:** require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

Group Description

This 10-week music and art therapy-based group provides youth ages 9-13 the opportunity to explore and regulate their emotions, improve executive functioning skills, and practice/enhance healthy social skills all through creative engagement and expression.

The group will incorporate music, art and play based interventions that focus on working together, improving socialization and communication skills, emotion insight and regulation, and executive function skills.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art! Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.

Benefits of music and art therapy in a group setting include:

- Improved cognition and executive function.
- Improved focus, impulse control, and organization skills.
- Enhanced self-esteem, self-awareness, and self-regulation skills.
- Greater emotional insight and resilience.
- Amplified social awareness and improved social skills.



Please contact Expressive Therapies for more information.
Phone: 920.903.1009 Email: scheduling@expressivetherapies.net

Group will be held at:

Expressive Therapies, LLC
245 and 250 N Metro Drive
Appleton, WI 54913

For current information regarding group, office closures and more information on staff and other services and events Expressive Therapies offers we invite you to:

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram

CODA:

Creative Opportunities for Developing Awareness

This is a 10-week group that gathers tween and teens with similar strengths and needs with a goal to improve upon their socializing skills.



Group Dates: Mondays, May 15 – August 7

- **No Group:** May 29, June 19, or July 3
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4-4:50 PM

Parent Check In: Parents/Guardians are expected to join group at 4:45 for an update of the group session

Registration Information:

- **Registration Deadline:** Sunday, May 7
 - No late registrations will be accepted
- **New Clients:** require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
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Group Description

The creative arts are a very powerful tool! There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of the creative arts.

This group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing and working together with problem solving and teamwork.

Progress is measured using an engagement scale and a prompting scale that objectively explain where individual's growth in goal areas are in each session. Our goal is for each participant to improve upon these skills by at least 1 skill level over the course of the 10-week group.

The skills that will be focused on include:

- Being Socially Engaged
- Emotional Regulation
- Emotional Expression
- Initiating & Maintaining Conversations
- Improving Self Esteem
- Improving Leadership Skills

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Communicate To Regulate

Group Dates: Wednesdays, May 31 – August 9

- ***No Group: July 5***

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:00pm – 4:37pm

Parent Check In: Parents/Guardians are expected to join group at 4:37pm for an update of the group session

Registration Information:

- ***Registration Deadline: Sunday, May 21***

- No late registrations will be accepted

- **New Clients:** Require an initial appointment prior to the group setting.

- **Current Clients New to this Group:** Completed registration form required

- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.

- This group requires a minimum of 4 participants

- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

Group Description

Join us in this 10-week music therapy group to learn the basics of regulation by utilizing song, rhythm, and instruments. By participating in this group, individuals will gain insight into external and internal emotions and will learn healthy ways to communicate regulation needs using ASL and other communication tools. Individuals will begin to learn about alerting, grounding and calming songs, tools, and body movements at a foundational level.



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FLOW

Finding a Life of Wellness Music, Art, and Mindfulness Group for Teens



Group Dates: Thursdays, May 18 – July 27

• ***No Group: July 6***

• Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:15 – 5:05 pm

Parent Check In: Therapist will connect with families periodically throughout the 10 weeks.

Registration Information:

• ***Registration Deadline: Sunday, May 7***

○ No late registrations will be accepted

• **New Clients:** require an initial appointment prior to the group setting.

• **Current Clients New to this Group:** Completed registration form required

• **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.

• This group requires a minimum of 4 participants

• Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

Group Description

Music, Mindfulness, and art making are all ways we can connect with our creative flow.

This group will incorporate a wide range of expressive and reflective modalities to increase ability to find a life of wellness. In this group individuals will focus on mind/body connection, creative self-expression, regulation, and stress management.

No experience necessary.

Music instruments and art supplies will be provided.

Potential Benefits of Group

- * lowered symptoms of depression and anxiety
- * increased self-expression
- * improved self-awareness
- * improved emotion insight
- * increased understanding of mind/body connection
- * improved self-confidence
- * improved regulation skills
- * improved abilities for stress management

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Groovin' in the Music

For caregivers & children; ages 18 months - 4 ½ years

Group Dates: Thursdays, June 15 - August 24

• **No Group:** July 7

• Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 2pm – 2:37pm

Registration Details:

• **Registration Deadline:** Wednesday, June 7

◦ No late registrations will be accepted

• **New Clients:** require an initial appointment prior to the group setting.

• **Current Clients New to this Group:** Completed registration form required

• **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.

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Stimulate growth, make connections, bond!

Research shows that music impacts all areas of our brains and by utilizing music in an intentional way, we can stimulate and ignite our child's brain in the following areas:

Intellectual	Social Emotional	Motor
Language	Literacy	Memory skills

By incorporating music and movement – we stimulate the connection of body/mind working together, allow for self-expression while building and strengthening bonds between child & caregiver!

Join us in this fun learning environment!

Utilize music and movement to ignite all areas of child's development!



Please contact Expressive Therapies for more information.
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Just for Today

Open Art Studio



Group Dates: Fridays, May 19 - July 28

- ***No Group: July 4***

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 10:15 am -11:30 am

Registration Details:

- ***Registration Deadline: Sunday, May 7***

- **No late registrations will be accepted**

- **New Clients:** require an initial appointment prior to the group setting.

- **Current Clients New to this Group:** Completed registration form required

- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.

- This group requires a minimum of 4 participants

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Group Description

“Just for Today” is a 10-week open art studio intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression.

The weekly sessions of creative expression encourage participants to reflect on the present moment. Benefits of art making in a group atmosphere include stress reduction, increased sense of self- awareness, greater sense of control, increased sense of independence, improvements in communication, and improvements in social skills.

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 welcome to bring personal art supplies as well.

Please contact Expressive Therapies for more information.

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Let's Move It!

*10-week music and movement group
for preteens/teens!*

Group Dates: Mondays, May 15 – August 7

- **No Group:** May 29, June 19, or July 3
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:30 – 5:20 pm

Parent Check In: Therapist will connect with families periodically throughout the 10 weeks.

Registration Information:

- **Registration Deadline:** Sunday, May 7
 - No late registrations will be accepted
- **New Clients:** require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run

Group Description

This 10-week Music and Movement group will allow members to have fun, be creative, and explore movement while focusing on:

- self-regulation skills,
- building self-confidence and self-esteem,
- developing/refining their interpersonal relationship skills.

Members will also gain insight into their emotions and expressing these emotions while sharing and being creative in a group environment impacting their overall sense of self.

Music and Movement integrates physical, cognitive, social, and emotional learning domains.

Other benefits of music and movement include:

- Developing small and large motor skills
- Improving balance and coordination
- Improving memory and cognitive development

There is no need to have any experience or special talent on an instrument/in dance to benefit from the power & motivation of music and movement.



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REVERB

Group Dates: Mondays, May 15 – August 7

- ***No Group: May 29, June 19, or July 3***
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Times: 4:15-5:05pm

Parent Check In: Therapist will email group updates to families periodically throughout the 10-week group session.

Registration Information:

- ***Registration Deadline: Sunday, May 7***
 - No late registrations will be accepted
- **New Clients:** Require an initial appointment prior to the group setting.
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- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
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Group Description

A tween group focusing on utilizing the creative arts to express oneself, practicing distress tolerance, problem solving, engaging with others, learning coping and regulation strategies, and exploring emotional insight.

The group will incorporate live and recorded music of various genres, playing instruments, art, and therapeutic discussion to explore emotions, ideas, and responses.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of the creative arts! Creative arts supplies will be provided.

Please contact Expressive Therapies for more information.

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Rhythmic Rehab

Group setting incorporating Neurologic Music Therapy and Physical Therapy for individuals with neurological changes needing motor rehabilitation and appropriate exercise for youth with differing abilities and their caregivers.



Group Dates: Wednesday, June 7 thru August 18

• **No Group Wednesday, July 5**

• Group end date subject to change in event of rescheduling due to inclement weather or other unforeseen circumstances.

Group Time: 4 pm - 4:45 pm

• **A caregiver is required to be with child in group.**

Registration Information:

• **Registration Deadline: Sunday, May 21**

◦ No late registrations will be accepted

• **New Clients:** require an initial appointment prior to the group setting.

• **Current Clients New to this Group:** Completed registration form required

• **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.

• This group requires a minimum of 4 participants

• Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

How does NMT work with Physical Therapy (PT)?

NMT utilizes musical instruments and specifically designed patterns and configurations for playing them to help facilitate the (re)training of functional movement skills. NMT and PT work together to create these designs and configurations to best meet the needs of each individual and their motor rehabilitation.

NMT “is also useful for helping one overcome unhealthy compensation strategies while increasing strength, endurance and motor control” (Mertel, Chapter 10 NMT Handbook).

Possible Benefits:

- Increase range of motion and decrease stiffness
- Limb coordination
- Finger dexterity and grasp
- Flexion/extension
- Adduction/abduction
- Rotation
- Supination/pronation in upper extremities
- Improve strength, balance, and coordination
- Improve circulation
- Improve gait speed

Please contact Expressive Therapies at the below contact information or Christina at CK Therapy at 920.915.6655 for more information.

Phone 920.903.1009 Email: scheduling@expressivetherapies.net

Group will be held at:

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Rhythms and Regulation

Youth & Caregiver Co-Regulation
Music Group



Group Dates: Tuesdays, June 6 - August 15

- ***No Group: July 4***
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 11:45am - 12:30 pm

Parent/Guardians: Parents/Guardians are expected to attend each group session.

Registration Information:

- ***Registration Deadline: Sunday, May 21***
 - **No late registrations will be accepted**
- **New Clients:** Require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

Group Description

Join us for this 10-week music therapy group to learn the basics of co-regulation by utilizing song, rhythm, and instruments. By participating in this group, individuals and caregivers will begin to learn about alerting, grounding, and calming regulation strategies through the use of songs, tools, and body movements at a foundational level.



Please contact Expressive Therapies for more information.

Phone 920.903.1009

Email: scheduling@expressivetherapies.net

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Social Skills I

Strengthening Social Skills through
group

Music Psychotherapy!!

FOCUSING ON PRACTICAL STRATEGIES TO IMPROVE
SOCIAL & COMMUNICATION SKILLS

Group Dates: Thursdays, May 18 – August 3

- **No Group:** June 8 and July 6
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:15-4:52pm

Parent Check In: Parents/Guardians are expected to be in group at 4:52pm for an update of the group session.

Registration Information:

- Class day and time will be based on recommendation of therapist.
- **Registration Deadline: Sunday, May 7**
 - No late registrations will be accepted
- **New Clients:** require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

Group Description

Music is a powerful tool!

One does not need to have any experience or special talent on an instrument to benefit from the power & motivation of music!

This group will incorporate listening to music, expanding knowledge of music and instruments, creative movement, song writing and working together with socializing, 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/social skills
- Improving self-esteem



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Social Skills II

Strengthening Social Skills through group Music Psychotherapy!!

FOCUSING ON PRACTICAL STRATEGIES TO IMPROVE
SOCIAL & COMMUNICATION SKILLS



Group Dates: Mondays, June 5 – August 21

- **No Group: June 19 and July 3**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 11:30am to 12:20 pm

Parent Check In: Parents/Guardians are expected to be in group at 12:15pm for an update of the group session.

Registration Information:

- **Class day and time will be based on recommendation of therapist.**
- **Registration Deadline: Sunday, May 21**
 - No late registrations will be accepted
- **New Clients:** require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
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Group Description

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- Initiating and maintaining conversations
- Gaining empathy and perspective
- Improving attention and organization
- Improving emotional regulation
- Improving interpersonal/social skills
- Improving self-esteem

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SOCIALIZING THROUGH MUSIC:

A SOCIAL GROUP FOR TEENS & YOUNG ADULTS

Group Dates: Mondays, May 15 – August 7

- **No Group:** May 29, June 19, or July 3
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 6:15pm – 7:05pm

Parent Check In: Parents/Guardians are expected to join group at **7:00 pm** for an update of the group session.

Registration Information:

- **Registration Deadline:** Sunday, May 7
 - No late registrations will be accepted
- **New Clients:** require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.



Group Description

Music is a powerful tool!

This is a 10-week group that gathers teens and young adults with similar strengths and needs with a goal to improve upon their socializing skills.

This group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing and working together with problem solving and teamwork.

Progress is measured using an engagement scale and a prompting scale that objectively explain where individual's socializing levels are in each session.

Through small group creative art interventions group members will focus on skills like:

- social engagement,
- turn taking,
- leadership skills,
- joint/reciprocal communication,
- and awareness of others.

Our goal is for each participant to improve upon these skills by at least 1 skill level over the course of the 10-week group.

There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of music.



Please contact Expressive Therapies for more information.

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Email: scheduling@expressivetherapies.net

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SPACE

**Socially
Practicing
Assertive
Communication for my
Emotions**



Group Dates: Tuesdays, June 6 – August 15

- **No Group: July 4**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:15pm - 5:05pm

Parent Check In: Parents/Guardians are expected to join group at 5:00 pm for an update of the group session

Registration Information:

- **Registration Deadline: Sunday, May 21**
 - No late registrations will be accepted
- **New Clients:** Require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
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Group Description

The creative arts are a powerful tool!

SPACE is a 10-week music therapy group for kids ages 6-9.

The group will incorporate creative arts interventions that focus on spatial awareness, assertive communication, self-awareness, regulation, impulse control, and attention to task.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of the creative arts!

Art & Music supplies will be provided

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Strumming and Songwriting

Basic guitar skills and songwriting
for teens and young adults.

Group Dates: Wednesdays, May 17 – July 26

• ***No Group: July 5***

• Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:15pm – 5:05pm

Parent Check In: Parents/Guardians are expected to join group at 5:00pm for an update of the group session

Registration Information:

• ***Registration Deadline: Sunday, May 7***

○ No late registrations will be accepted

• **New Clients:** Require an initial appointment prior to the group setting.

• **Current Clients New to this Group:** Completed registration form required

• **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.

• This group requires a minimum of 4 participants

• Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

Group Description

Strumming and Songwriting is a 10-week music therapy group for teens and young adults to learn how to play basic guitar chords and strumming patterns as well as learning different types of songwriting. Group includes mindfulness and self-reflection through songwriting and learning a musical skill. Goals include increasing mindfulness, gain coping skills, decrease anxiety, improve overall mental health.

There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of music and art!

Please bring your own guitar or ukulele if you have one. If you don't have one will be provided.

Please contact Expressive Therapies for more information.
Phone 920.903.1009 Email: scheduling@expressivetherapies.net

Groups held at:

Expressive Therapies, LLC
245 and 250 N Metro Drive
Appleton, WI 54913



For current information regarding group, office closures and more information on staff and other services and events Expressive Therapies offers we invite you to:

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram



TNT

Tempo and Tempera

*BUILDING SKILLS IN SELF-REGULATION AND
LEARNING TO DIFFUSE TRICKY SITUATIONS*

Group Dates: Tuesdays, May 30 - August 15

- **No Group:** June 20 and July 4
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 5:30 pm – 6:20 pm

Parent Check In: Parents/Guardians will receive an email update every few weeks from the group leader to check in about what has been addressed and practiced in group. Parents/Guardians are welcome and encouraged to email the group leader directly at any time during the 10-weeks with any questions they may have.

Registration Information:

- **Registration Deadline:** Sunday, May 21
 - No late registrations will be accepted
- **New Clients:** Require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

Group Description

The creative arts are a powerful tool!

Tempo and Tempera is a 10-week music therapy group for kids ages 6-9.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of the creative arts!

Art & Music supplies will be provided.

The group will incorporate creative arts interventions that focus on:

- developing emotional insight and expression,
- learning tools to support healthy self-regulation abilities,
- building executive functioning abilities, such as impulse control and attention,
- and practicing socialization and communication skills, such as taking turns and working together.



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Tuning In

Through the Creative Arts



GROUP DATES: Thursdays, May 25 – August 3

• **No Group: July 6**

• Group end date subject to change in event of rescheduling due to unforeseen circumstances.

GROUP TIME: 5:15 pm - 6:05 pm

PARENT CHECK IN: Therapist will connect with families periodically via email throughout the 10-week group session.

REGISTRATION INFORMATION:

• **Registration Deadline: Sunday, May 7**

◦ No late registrations will be accepted

• **New Clients:** Require an initial appointment prior to the group setting.

• **Current Clients New to this Group:** Completed registration form required

• **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.

• This group requires a minimum of 4 participants

• Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run. .

GROUP DESCRIPTION

The creative arts are a very powerful tool!

A group of late teens and young adults using creative arts to focus on assertive communication, reciprocal communication, empathy, peer support, and socialization skills.

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

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art!

Through small group creative art 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
- ✓ Improving leadership skills
- ✓ Improving emotional insight and expression
- ✓ Gaining regulation and mindfulness techniques

Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.



Appleton, WI

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54913

WAM!!

Writing with Art and Music

Group Dates: Tuesdays, May 30 - August 15

- **No Group:** June 20 and July 4
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:30pm - 5:20pm

Parent Check In: Parents/Guardians will receive an email update every few weeks from the group leaders to check in about what has been addressed and practiced in group. Parents/Guardians are welcome and encouraged to email the group leaders directly at any time during the 10-weeks with any questions they may have.

Registration Information:

- **Registration Deadline:** Sunday, May 21
 - No late registrations will be accepted
- **New Clients:** Require an initial appointment prior to the group setting.
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

Group Description

The creative arts are a very powerful tool!

WAM is a 10-week group for kids ages 6-9 combining art therapy, music therapy & creative storytelling.

Group members will participate in instrument playing, movement, art making, storytelling, and more to address these skill areas.

There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of music and art!

Art & Music supplies will be provided.

Group members will utilize creativity to learn and develop skills in the following areas:

- socialization and interpersonal communication, including active listening,
- turn-taking,
- teamwork and compromise,
- healthy emotion expression
- coping/regulation skills.
- executive functioning abilities, such as
 - adaptability,
 - problem-solving,
 - impulse control,
 - organization,
 - attention.

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