

Expressive Therapies LLC

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Creating a brave and empowering space for equality with – race, gender, sexuality, age, economic status, cognitive, physical, spiritual needs and those living with mental illness – through trauma-informed care: music therapy, art therapy, dance-movement therapy and psychotherapy, to improve health and well-being.



SUMMER 2024 GROUPS

During the summer, Expressive Therapies offers a variety of groups for children and adults. The skills addressed and goals for each group differ, including: social and interpersonal skills, self-regulation, emotional expression, self-esteem, cognition and executive functioning skills, anxiety and stress reduction, and more! Summer groups will start the week of June 3rd. All groups will run for 10 sessions. Registration for a group is due by Wednesday, May 22nd: no late registrations will be accepted. Additional information about the groups being offered can be found in this newsletter, social media posts, and in specific group flyers! Please contact Expressive Therapies with questions and for registration information.



To Register for a Group:

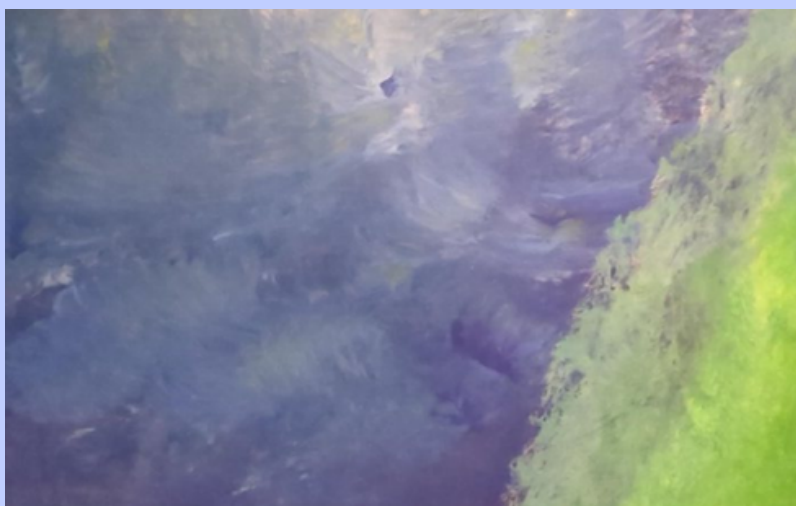
- All groups are open to new and returning clients, and no experience or skill in the creative arts is necessary. New clients will first need to complete an initial evaluation to participate in a group.
- Summer group registrations are due by Wednesday, May 22nd. No late registrations will be accepted.
- Insurance and/or other funding may be available to help offset the cost of groups. Please contact Expressive Therapies to discuss specific options for you/your child.
- For registration information and forms, to schedule an evaluation, or for other questions, reach out to:
 - Phone: (920) 903-1009
 - Email: scheduling@expressivetherapies.net



CODA: Creative Opportunities for Developing Awareness

- June 5th - August 14th, 2024
- Wednesdays 1:00 - 1:50pm
- Music, Teens/Tweens 11 - 16

CODA is a social skills group for teens/tweens with similar strengths to build and improve social skills. Additional benefits include: emotional regulation, emotional expression, self-esteem, leadership, and social awareness.



Drawing Together

- June 7th - August 16th, 2024
- Fridays 10:15 - 11:30am
- Art, Adults 18+

This weekly group includes structured art interventions that encourage collaboration with others and creative expression. 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.



Go with the Flow

- June 6th - August 15th, 2024
- Thursdays 2:00 - 2:50pm
- Creative Arts/Mindfulness, Teens

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





Groovin' in the Music

- June 7th - August 23rd, 2024
- Fridays 2:30 - 3:07pm
- Music/Movement, Caregivers & children 18 months - 4 & 1/2 years

Music impacts all areas of the brain and use of intentional music ignites development of social emotional, intellectual, motor, language, literacy, and memory skills. Music supports mind/body connection, self-expression, and strengthened bonds between child and caregiver.

Hues and Cues

- June 4th - August 13th, 2024
- Tuesdays 4:15 - 5:05pm
- Art/Movement, teens and tweens

Hues and Cues is a social skills group for teens/tweens with similar strengths to build and improve social skills. This group will incorporate creative movement, art-based interventions, expanding knowledge of art materials, and working together to enhance problem solving and teamwork.



Moving to the Arts

- June 6th - August 15th, 2024
- Thursdays 4 - 4:50pm
- Creative Arts, Youth 9 - 13

This group provides youth the opportunity to explore and regulate emotions, improve executive functioning skills, and enhance healthy social skills. The group will incorporate creative arts and movement-based interventions that focus on working together, improving socialization and communication skills, and executive function skills.

REVERB

- June 3rd - August 12th, 2024
- Mondays 4:00 - 4:50 pm
- Music & Creative Arts, Tweens 10 - 13

This group focuses 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.



Rhythmic Rehab

- June 5th - August 14th, 2024
- Wednesdays 4:30 - 5:15pm
- Neurologic Music Therapy (NMT) and Physical Therapy (PT)
- Individuals with neurological changes needing motor rehabilitation and appropriate exercise for youth with different abilities, and their caregivers

NMT uses instruments and specific patterns and configurations for playing them to facilitate the (re)training of functioning movement skills. In this group, NMT and PT work together to best meet the needs of each individual and their motor rehabilitation. Possible benefits include: grasp and dexterity, increased range of motion, limb coordination, decreased stiffness, rotation, flexion/extension, adduction/abduction, supination/pronation, improved strength and balance, improved circulation, and improved gait.

RISE: Regulate, Interact, Socialize, Express

- June 3rd - August 12th, 2024
- Mondays 4:30 - 5:20pm
- Creative arts therapy, children ages 6-9

RISE will incorporate instrument playing, movement, art making, storytelling, and more to address the following areas: socialization skills including turn taking, active listening, and reciprocal communication; coping and regulation skills; and executive functioning skills including adaptability, problem solving, impulse control, organization, and attention.





RISE Up

- June 4th - August 13th, 2024
- Tuesdays 4:30 - 5:20pm
- Creative arts therapy, children ages 7-11

This group is a continuation of RISE (Regulation Interact Socialize Express). Participation in RISE is not required prior to joining RISE Up. The group will incorporate instrument playing, movement, art making, storytelling, and more to address the following areas: interpersonal communication (communicating and understanding personal boundaries), teamwork, and compromise; emotional expression and coping/regulation skills; and executive functioning skills including adaptability, problem solving, impulse control, organization, and attention.

True Colors

- June 7th - August 16th, 2024
- Fridays 10:30 - 11:20am
- Youth ages 7-10

This group focuses on strengthening social skills through engagement in music, whether group members communicate through speaking, gesturing or signing, using a talker or pictures, or a different method. Group members will be supported in their style of communication and will learn and practice functional strategies for improving communication skills and enhancing abilities to socialize and interact meaningfully with others.



You & Me

- June 5th - August 8th, 2024
- Wednesdays 4:15 - 4:52pm
- Music therapy/movement, children ages 4-6

This group focuses on practical strategies to improve social, communication, and developmental skills. Through music making and movement, participants will have opportunities to practice basic social skills such as turn-taking, sharing, and communication. In addition, developmental skills such as fine and gross motor, speech, and attention span will be addressed.



CRESCENDO

**Creating Relationships, Ensemble, Social Connections, Embracing New Skills,
Defeating Old Unhealthy Patterns**

- June 4th - August 13th, 2024
- Tuesdays 5:45 - 6:35pm
- CONCERT: Saturday, August 17th at Houdini Plaza
 - Time TBD; the band will perform during the Appleton Downtown Farmer's Market

A band for individuals looking to connect, practice social skills, and play an instrument. We will be forming bands and providing a place to build connections, engage socially, and create music together. To showcase group members' strengths, there will be a final performance at Houdini Plaza on the final group meeting day.



Reminders & Important Dates!

- New clients wanting to participate in a group must complete an initial evaluation prior to registration.
- Registration is due by Wednesday, May 22nd.
- No late registrations will be accepted.
- For registration information and forms, to schedule an evaluation, or for other questions, reach out to:
 - Phone: (920) 903-1009
 - Email: scheduling@expressivetherapies.net



Thank you for reading our newsletter!

Website: www.expressivetherapies.net
Email: info@expressivetherapies.net
Phone: (920) 903-1009



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Take care and be well!