

SPRING 2021 GROUPS

MONDAY

Social Skills I

Music Group for youth
4 pm

REVERB

Music group for Teens
4:15 pm

TUESDAY

WAM

Storytelling, Art, &
Music
4pm

Social Skills II

Music Group for youth
4:15 pm

T & T

Music/Art group for
youth - self-regulation
5pm

***Attachment & Attunement**

Mothers and Infants
STARTS June 1
9 am

***Groovin' in the Music**

Music & Development
for Caregivers & 18
Months to 4 yrs. Old
STARTS June 1
11 am

***Let's Move It**

Music & Movement for
Preteens/teens
STARTS June 8
10:30 am

WEDNESDAY

BEAT

Music/Art Group boys
and girls 9-13
4pm

Tuning In

Creative Arts group for
preteens/teens
5pm

***Rhythms & Regulation**

Music & regulation
group for youth
STARTS June 9
9:30am OR 10:30am
*time based on
therapist
recommendation

THURSDAY

FLOW

Creative Arts &
Mindfulness
Teens
5pm

FRIDAY

***EnACT**

Creative Arts Therapies
for Adoptees
Preteens / Teens
STARTS June 11
10:30 am

SATURDAY

Socializing in Music

New Day and Time
Music Group
Teen/Young Adult
10:30 am



Spring Groups start Saturday, May 15

***Summer Groups start weeks of June 1 and June 8**

No groups on the following holiday dates:

Memorial Day: Monday, May 31

Juneteenth: Saturday, June 19 OR Monday, June 21

4th of July: Friday, July 2 through July 8

Registration Deadline: Saturday, May 8

NO LATE REGISTRATIONS WILL BE ACCEPTED

For complete details:

Call the office at 920.903.1009 or Email Scheduling@expressivetherapies.net



Attachment & Attunement

A group for mothers and infants.

Create an opportunity to build and grow the attachment between mother and baby!

In this 10 week, 75-minute group, participants will have the opportunity to take part in various art and music therapy interventions centered around mother and baby bonding. These interventions range in variety including breathing, gentle movement, music, self-care, guided relaxation and support from other moms."

There is dramatic brain growth and sculpting that is stimulated by the close and continuing interactions between baby and caregiver/parent. How a child responds to stress is being wired in the first years of life.

Early caregiver-child interactions are crucial.

Potential benefits of participating in group:

- ✓ Enhance the connection between mother & baby
- ✓ Learn about creating a secure attachment for baby
- ✓ Establish supportive relationships with other mothers
- ✓ Learn regulating skills – with a weekly take-away!
- ✓ Practice affects recognition and affirmation skills
- ✓ Foster affection from parents (early life affection/connection sets up a healthy oxytocin system).
- ✓ Create healthy chemicals in the brain such as cortisol and oxytocin (which are important for stress and emotional regulation).

<https://menafn.com/1099494241/How-childhood-trauma-changes-our-hormones-and-thus-our-mental-health-into-adulthood>>

Group dates: Tuesdays, June 1 thru August 17

Group Time: 9:00 am-10:15 am

No Group Tuesday, July 6 and July 13

REGISTRATIONS ARE DUE BY MAY 8

Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.

Please call Expressive Therapies to register for this group and for more information on what out of pocket costs may be for your individual situation.

Group will be held at:

Expressive Therapies, LLC
245 and 250 N Metro Dr.
Appleton, WI 54913
Phone: 920.903.1009

scheduling@expressivetherapies.net



For more information about other services and events Expressive Therapies offers:

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Find us and Like us on Facebook [@expressivetherllc](https://www.facebook.com/expressivetherllc)

BEAT

Marching to Your Own Rhythm

A 10-week music and art therapy group for ages 9-13

Group Time and Details:

- **Wednesdays 4 pm**
- Groups run from 4-4:50
- Parents/Guardians are expected to join group at 4:45pm for an update of the group session.

Group Dates:

- **May 19, 2021 – July 28, 2021**
- No Group Wednesday, July 7

Registration Information:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 5 participants.

Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.



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

- Improved cognition and sensorimotor 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.

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.

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

Up to date information regarding group and office closures will be posted on the Expressive Therapies LLC Facebook and Instagram page.



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EnACT

(ENCouraging Adoptees through Creativity and Theater)

A 10-week Creative Arts Group for preteens/teens who have been adopted.

Group Time and Details:

- **Fridays 10:30am**
- Groups run from 10:30-11:20
- Parents/Guardians will receive email communication with updates on group throughout the 10-week session

Group Dates:

- **June 11- August 20**
- No Group July 2

Registration Information:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- This group requires a minimum of 5 participants.

Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.

This group allows pre-teens through teens, to engage with the creative process through acting games, lyric analysis, musical reviews, and character studies while learning how to reflect, honor, and share their personal experiences with others in a healing environment.



The skills that will be focused on:

- Self-Exploration
- Interpersonal Relationship Skills
- Communication and Validation
- Emotional Insight and Expression
- Improving Self Esteem
- Creative coping strategies

Engaging in the Creative Arts is motivating and healing!

When art in any form is created with other people, a sense of community is created as well. This trauma informed group focuses on increasing self-awareness through exploration, offering validation from a community of peers, and emotion expression. Participants will engage in various experientials centered around musical theatre incorporating music and art therapy. Group members will reflect on personal experiences while learning how to creatively relate and share their experiences with others within this created community.

There is no need to have any experience or special talent in acting or 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.

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F.L.O.W.

Finding a Life of Wellness *Mindfulness and Art Group for Teens*



Group Time and Details:

- **Thursdays 5pm**
- Groups run from 5-5:50
- Parents/Guardians are expected to be in group at 5:45 for an update of the group session

Group Dates:

- **May 20, 2021 – July 29, 2021**
- No Group Thursday, July 8

Registration Information:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 3 participants.

Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.

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

Mindfulness and art making are 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 socializing, mind/body connection, creative self-expression, regulation, self-confidence, self-awareness, and stress management.

No experience necessary, art supplies will be provided. Participants are welcome to bring personal art supplies as well.



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Groovin' in the Music

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

Group Time Details:

- Tuesdays 11- 11:45 am

Group Dates:

- June 1 – August 17
- No Group Tuesday, July 6 and July 13

Registration Details:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
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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.

Phone 920.903.1009 Email: scheduling@expressivetherapies.net

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Let's Move It!

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

Group Time Details:

- **Tuesdays 10:30am**
- Groups run from 10:30 - 11:20 am
- Parents/Guardians are expected to join group at 11:15 am for an update of the group session.

Group Dates:

- **Tuesday June 8 thru August 17**
- No Group Tuesday, July 6

Registration Details:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 3 participants.



The skills that will be focused on include:

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

This 10-week Music and Movement group will allow members to have fun, be creative, and explore dance/movement while learning self-regulation skills, building self-confidence and self-esteem, and 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. 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.

Other benefits of music and movement include:

- Developing small motor skills
- Developing large motor skills
- Learning to express emotions
- Improving balance and coordination
- Improving memory and cognitive development
- Improving Self-confidence

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REVERB

A 10-week music therapy group for teens

Group Time and Details:

- Mondays 4:15pm
- Groups run from 4:15-5:05pm; Parents/Guardians are expected to be in group at 5pm for an update of the group session.

Group Dates:

- Monday May 17, 2021 - August 9, 2021
- No Group Monday May 31, June 21, or July 5

Registration Information:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 3 participants.



Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.

Through small group music and art interventions 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 healthy expression
- Improving emotional regulation/self-regulation skills
- Improving mindfulness and relaxation skills
- Improving leadership skills

A teen only group to learn to use creative arts in grounding & centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy and communication skills!

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

The creative arts are a powerful tool! One does not 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.

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

Group will be held at:

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Rhythms and Regulation

Group Time Details:

- **Wednesdays 9:30 am OR 10:30 am**
- Group time will be based on therapist recommendation
- Groups run from 9:30 to 10:15 am OR 10:30 to 11:15 am
- Parents/Guardians are expected to join group at 10:07am or 11:07 am an update of the group session.

Group Dates:

- **Wednesday, June 9 through August 25**
- No Group on July 7 and July 14

Registration Details:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 3 participants.



Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.

Join us in this 45 min, 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 regulate their own bodies. Individuals will begin to learn about alerting, grounding and calming songs, tools, and body movements at a foundational level.



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

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SOCIALIZING THROUGH MUSIC: A SOCIAL GROUP FOR TEENS & YOUNG ADULTS

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.

Group Time and Details:

- **Saturdays 10:30 am**
- Groups run from 10:30 am -11:20 am
- Parents/Guardians are expected to join group at 11:15 am for an update of the group session.

Group Dates:

- **May 15, 2021 – August 7, 2021**
- No Group Saturday, May 29, June 19, or July 3

Registration Information:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 3 participants.

Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.



The skills that will be focused on include:

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

Music is a powerful tool!

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

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. 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.

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



Group will be held at:
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Strengthening Social Skills through group Music Psychotherapy!!

FOCUSING ON PRACTICAL STRATEGIES TO IMPROVE SOCIAL & COMMUNICATION SKILLS

Social Skills I Group Details:

- Mondays 4 pm
- Groups run from 4-4:37 pm
- Parents/Guardians are expected to be in group at 4:37pm for an update of the group session.
- Monday May 17, 2021 - August 16, 2021
- No Group Monday, May 31, June 21, July 5, or July 12

Registration Information:

- Class day and time will be based on recommendation of therapist
- Small group setting with participants of similar ages and strengths
- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- These groups require a minimum of 3 participants each.

Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform

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!

These groups 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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Tempo & Tempera

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

10-week group for kids ages 6-10 combining art therapy and music therapy

Group Time and Details:

- **Tuesdays 5 pm**
- Groups run from 5 – 5:50 pm
- Parents/Guardians are expected to be in group at 5:45 pm for an update of the group session.

Group Dates:

- **May 18, 2021 – July 27, 2021**
- No Group Tuesday, July 6

Registration Information:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 5 participants.

Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.



Benefits and goal areas addressed include:

- Emotional insight and self-regulation.
- socialization and interpersonal skills
- executive functioning skills like:
 - adaptability and impulse control
 - problem solving skills
 - self-esteem
 - self-expression

The creative arts are a powerful tool!

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

The group will incorporate music and art-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



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Tuning In Through the Creative Arts



Group Time and Details:

- Wednesdays 5 pm
- Groups run from 5 - 5:50 pm
- Parents/Guardians are expected to join group at 5:45 pm for an update of the group session

Group Dates:

- May 19, 2021 - July 28, 2021
- No Group Wednesday, July 7

Registration Information:

- **Registration Deadline: Saturday, May 8**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 3 participants.



Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.

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
- ✓ Gaining insight into their emotions and appropriate affect
- ✓ Improving emotional regulation/self-regulation skills
- ✓ Improving mindfulness and relaxation skills
- ✓ Improving leadership skills

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

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 powers and motivation of music and art! Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.

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WAM!!

Writing with Art and Music

A 10-week group for kids ages 6-10 combining art therapy, music therapy & creative writing.

Group Time Details:

- Tuesdays 4 pm
- Groups run from 4-4:50
- Parents/Guardians are expected to join group at 4:45 for an update of the group session.

Group Dates:

- **May 18, 2021 – July 27, 2021**
- No Group Tuesday, July 6

Registration Details:

- **Registration Deadline: Saturday, May 8**
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- **New Clients:** require an initial appointment prior to the group setting & completed registration form
- **Returning Group Members:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment.
- This group requires a minimum of 5 participants.



Upon agreement with Expressive Therapies COVID in office policies, members have the choice to come in office or join group online through a HIPAA compliant platform.

Benefits and goal areas addressed include improving:

- Emotional insight
- Self-regulation
- Socialization
- Interpersonal skills
- Executive functioning skills including:
 - Adaptability
 - Impulse control
 - Problem solving
 - Self-esteem
 - Self-expression

The creative arts are a very powerful tool!

WAM is a 10-week group for kids ages 6-10 combining art therapy, music therapy & creative storytelling. Group members will learn to utilize creativity and will gain self-confidence, insight into emotions and healthy emotion expression and regulation.

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; however, participants are welcome to bring personal supplies/instruments as well.

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