



# SUMMER 2024 Groups



## MONDAY

### REVERB

4 pm

Tweens Music Group

### RISE

4:30 pm

Creative Arts Group  
ages 6-10

## TUESDAY

### RISE UP

4:30 pm

Creative Arts Group  
ages 7-11

### CRESCENDO

5:30 pm

## WEDNESDAY

### CODA

1 pm

Teens/Tweens  
Music Group

### You & Me

4:15 pm

Youth Music Group

### Rhythmic Rehab

4:30 pm

Youth & Caregiver Music Therapy  
& Physical Therapy group

## THURSDAY

### Go with the Flow

2 pm

Creative Arts Group  
Mindfulness and  
Movement

### Moving to the Arts

4 pm

Creative Arts Group  
Ages 9-13

## FRIDAY

### Drawing Together

10:15 am

Adult Structured Art Studio

### True Colors

10:30 am

Youth Music Group

### Groovin' in the Music

2:30 pm

18 ½ months to 4 years  
w/Caregiver Music Group



**SUMMER GROUPS START WEEK OF June 3**  
**Group Registration Deadline: Wednesday, May 22**  
**Late registrations will not be accepted**  
**Ask your child's therapist about a group recommendation.**  
**Please see individual group flyers for full group details**  
**and the registration process.**

Contact Expressive Therapies for more information:  
Phone: 920-903-1009  
Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)





# 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.

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.

The skills that will be focused on include:

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

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.

**Group Dates:** Wednesdays, June 5 thru August 14

- **No Group Wednesday, July 3**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

**Group Time:** 1:00 pm-1:50 pm

**Group Location:** 245 N Metro Drive, Appleton, WI

**Parent Check In:**

- Parents/Guardians are expected to join group at 1:45 for an update of the group session.

**Registration Information:**

- **Registration Deadline:** Wednesday, May 22
  - No late registrations will be accepted.
- **New Clients:** require an initial appointment prior to the group setting and completed registration form.
- **Returning Clients:** Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
- All groups requires a minimum of 4 confirmed registrations.
- 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.

**Please contact Expressive Therapies for more information.**

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# CRESCENDO

CREATING RELATIONSHIPS, ENSEMBLE, SOCIAL CONNECTIONS,  
EMBRACING NEW SKILLS, DEFEATING OLD UNHEALTHY PATTERNS

## JOIN US FOR OUR NEW SUMMER CRESCENDO BAND

A BAND TO BUILD CONNECTIONS, PRACTICE SOCIAL SKILLS,  
PLAY AN INSTRUMENT AND CREATE MUSIC TOGETHER

**Band Dates:** Tuesdays, June 4 thru August 13

- No Group Tuesday, July 2

**Band Time:** 5:45 - 6:35 pm

**Performance:** Saturday, August 17 at Houdini Plaza

- Time TBD: Band will perform during the Appleton Downtown Farmers Market



### Registration Information:

- Registration Deadline: Wednesday, May 22
- Participants must be committed to performing Saturday, August 17
- No late registrations will be accepted.
- Minimum of 4 band members
- Group participants will receive an email from scheduling confirming group within 2 business days of the registration deadline.
- Group participants will receive song list prior to first night of band.

Please contact Expressive Therapies for more information.

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# Drawing Together

"Drawing Together" is a 10-week closed art therapy group intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression.

The weekly sessions include 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.

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.



## **Group Dates: Fridays, June 7 thru August 16**

- **No Group July 5**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

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

## **Group Location: 245 N Metro Drive, Appleton, WI**

## **Registration Information:**

- **Registration Deadline:** Wednesday, May 22
- No late registrations will be accepted.
- **New Clients:** require an initial appointment prior to the group setting and completed registration form.
- **Returning Clients:** Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
- All groups requires a minimum of 4 confirmed registrations.
- 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.

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# Go with the Flow

## A Mindfulness Creative Arts Group for Teens

Mindfulness through music, movement, 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.

### **Group Dates: Thursdays, June 6 thru August 15**

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

### **Group Time: 2pm to 2:50pm**

### **Group Location: 245 N Metro Drive, Appleton, WI**

### **Parent Check In: Therapist will connect with families periodically throughout the 10 group sessions.**

### **Registration Information:**

- Registration Deadline: Wednesday, May 22
- No late registrations will be accepted.
- New Clients: require an initial appointment prior to the group setting and completed registration form.
- Returning Clients: Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
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# Groovin' in the MUSIC



*This 10 session group is for caregivers & children; ages 18 months - 4 ½ years*

*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  
Language*

*Social Emotional  
Literacy*

*Motor  
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!*

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## **Group Dates:** Fridays, June 7 thru August 23

- **No group July 5 or August 9**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

## **Group Time:** 2:30 pm - 3:07 pm

## **Group Location:** 245 N Metro Drive, Appleton, WI

## **Registration Information:**

- **Registration Deadline: Wednesday, May 22**
- No late registrations will be accepted.
- New Clients: require an initial appointment prior to the group setting and completed registration form.
- Returning Clients: Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
- All groups requires a minimum of 4 confirmed registrations.
- 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.



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# MOVING TO THE ARTS

This 10-week creative 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 creative arts and movement-based interventions that focus on working together, improving socialization and communication skills, and executive function skills.

There is no need to have any experience to benefit from the powers and motivation of creative arts! Creative arts materials will be supplied

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**Group Dates:** Thursdays, June 6 thru August, 15

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

**Group Time:** 4:00 pm to 4:50 pm

**Group Location:** 250 N Metro Drive, Suite B, Appleton, WI

**Parent 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:*** Wednesday, May 22
  - *No late registrations will be accepted.*
- ***New Clients:*** require an initial appointment prior to the group setting and completed registration form.
- ***Returning Clients:*** Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
- *All groups requires a minimum of 4 confirmed registrations.*
- *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.*

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# REVERB

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.

## **Group Dates: Mondays, June 3 thru August 12**

- **No group Monday, July 1**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

## **Group Time: 4:00 pm - 4:50 pm**

## **Group Location: 245 N Metro Drive, Appleton, WI**

## **Parent Check In: Therapist will email group updates periodically throughout the 10 sessions.**

## **Registration Information:**

- **Registration Deadline:** Wednesday, May 22
  - No late registrations will be accepted.
- **New Clients:** require an initial appointment prior to the group setting and completed registration form.
- **Returning Clients:** Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
- All groups requires a minimum of 4 confirmed registrations.
- 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.

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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.

## 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

## Group Dates: Wednesdays, June 5 thru August 14

- **No Group Wednesday, July 3**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

## Group Time: 4:30-5:15 pm

- A caregiver is required to be with client in group.

## Group Location: 250 N Metro Drive, Suite B, Appleton, WI

## Registration Information:

- **Registration Deadline: Wednesday, May 22**
  - **No late registrations will be accepted.**
- New Clients require an initial appointment prior to the group setting.
- Returning Clients: Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
- All groups requires a minimum of 4 confirmed registrations.
- 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.



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or contact  
Christina at CK Therapy at 920.915.6655



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# R.I.S.E

## Regulate Interact Socialize Express

**R.I.S.E. is a 10-week creative arts therapy group for kids ages 6-10**

**Group Dates:** Mondays, June 2 thru August 12

- **No Group July 1**
- **Group end date subject to change in event of rescheduling due to unforeseen circumstances.**

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

**Group Location:** 245 N Metro Drive, Appleton, WI

**Parent Check In:** Therapist will email group updates periodically throughout the 10 sessions.

### **Registration Information:**

- **Registration Deadline:** Wednesday, May 22
- No late registrations will be accepted.
- **New Clients:** Require an initial appointment prior to the group setting and completed registration form.
- **Returning Clients:** Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
- All groups requires a minimum of 4 confirmed registrations.
- 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 members will participate in instrument playing, movement, art making, storytelling, and more to address the following skill areas.

- Socialization skills including turn taking and, active listening, and reciprocal communication
- Coping/regulation skills
- Executive functioning skills including adaptability, problem-solving, impulse control, organization, attention.

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. Class day and time will be based on recommendation of therapist.



**Please contact Expressive Therapies for more information.**  
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# RISE UP

**R.I.S.E. UP** is a 10-week creative arts therapy group for kids ages 7-11.

**Group Dates:** Tuesdays, June 4 thru August 13

- **No Group July 2**
- **Group end date subject to change in event of rescheduling due to unforeseen circumstances.**

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

**Group Location:** 245 N Metro Drive,  
Appleton, WI

**Parent Check In:** Therapist will email group updates periodically throughout the 10 sessions.

### **Registration Information:**

- **Registration Deadline:** Wednesday, May 22
- No late registrations will be accepted.
- **New Clients:** Require an initial appointment prior to the group setting and completed registration form.
- **Returning Clients:** Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) to confirm group participation.
- All groups requires a minimum of 4 confirmed registrations.
- 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.

This group is a continuation of RISE (Regulate Interact Socialize Express). Participation in RISE is not required prior to joining RISE Up. Class day and time will be based on recommendation of therapist.

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

- Interpersonal communication (communicating and understanding personal boundaries), teamwork, and compromise.
- Emotional expression and coping/ regulation skills
- Executive functioning skills including adaptability, problem-solving, impulse control, organization, attention.

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.



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# True Colors

This group focuses on strengthening social skills through engagement in music interventions!

Music is a powerful tool for developing social skills, whether group members engage through speaking, gesturing or signing, using a talker or picture communication, or a different method for communication.

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.



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

- Expressive language
- Turn-taking and reciprocal communication
- Leadership
- Social awareness
- Self-esteem and self-confidence
- Attention and organization
- Self-regulation

## **Group Dates:** Fridays, June 7 through August 16

- No Group July 5
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

## **Group Time:** 10:30 am to 11:20 am

## **Group Location:** 245 N Metro Drive, Appleton, WI

**Parent Check In:** Parents/Guardians are expected to be in group at 5:15 pm for an update of the group session.

## **Registration Information:**

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# You & Me

Strengthening Social Skills through music therapy!!

This 10 session group focuses on practical strategies to improve social, communication, and developmental skills.

Through active 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.

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

- Social use of communication
- Improving attention and organization
- Improving emotional regulation
- Improving interpersonal/social skills
- Improving self-esteem
- Improving developmental skills



## **Group Dates: Wednesdays, June 5 thru August 28**

- **No Group July 3, July 17 or July 24**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

## **Group Time: 4:15 - 4:52 pm**

## **Group Location: 245 N Metro Drive, Appleton, WI**

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

## **Registration Information:**

- **Registration Deadline: Wednesday, May 22**
  - No late registrations will be accepted.
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