

Hello Summer 2025 Groups



MONDAY

Critical Core

11:00 am

Social Skills Game Group for Preteens

RESOLVE

5:00 pm

Creative Arts Group
ages 13-15

Caring for the Soul

6:00 pm

*Mondays

In June

Adult Movement & Focused Music and Imagery Group

TUESDAY

Rhythmic Rehab

8:15 am

MT/PT with caregiver group

RISE

4:30 pm

Creative Arts Group
ages 6-8

WEDNESDAY

CODA

1:00 pm

Teens/Tweens
Music Group

RISE UP

3:30 pm

Creative Arts Group
ages 8-10

THURSDAY

True Colors

9:30 am

Creative Arts
Group Ages 9-13

Connect Thru Tech

5:15 pm

Music group using tech
ages 12-16

FRIDAY

Dynamic Drumming

10:30 am

Music and Movement
ages 16 to adult

REVERB

3:00 pm

Creative Arts Group
ages 10-12

10 Week Groups Start the Week of June 9

Group Registration Deadline is Wednesday, May 28

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



MINDFUL MOVEMENT &
FOCUSED MUSIC AND IMAGERY GROUP

CARING FOR THE SOUL

This 5-session group for adults will explore weekly themes relating to caring for our soul through: intentions, gratitude, and self-love.

Each week, group will begin with connecting our minds and bodies through movement and intentional breathing moving into focused music and imagery for your own personal journey in caring for your soul. Movement will be appropriate for everybody, no experience needed.

GROUP LED BY

*Sara Devine MT-BC, NMT, LCSW, ICGC-II, WMTR and
Melissa Benson, ERYT 200, RYT 500*

Group Dates: Mondays, June 2 - June 30

Group Time: 6:00 pm - 7:30 pm

Where:

Expressive Therapies,
250 N Metro Drive, Suite B
Appleton, WI

Registration Information:

- Registration Deadline: Wednesday, May 28
- Insurance accepted
- New Clients require an initial appointment prior to the group setting.
- All Clients are required to complete a registration form.
- Group requires a minimum of 6 confirmed participants

For more information please contact Expressive Therapies
by phone at 920.903.1009
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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 11 - August 20

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

Group Time: 1 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 pm for an update of the group session.

Registration Information:

- **Registration Deadline: Wednesday, May 28**
- 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 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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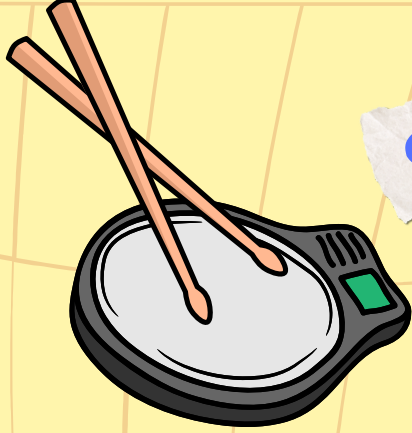
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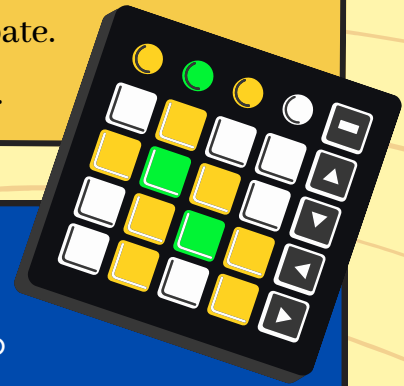


CONNECT THRU TECH

Connect thru Tech is a performance based music therapy group for 12-16 year olds. Group members will use music technology to create electronic music pieces. Members will support each other during the collaboration and production of the electronic music.

No previous music experiences are necessary to participate.

All music instruments and supplies will be provided.



GROUP DATES: Thursdays, June 12 - August 21

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

GROUP TIME: 5:15-6:05pm

GROUP LOCATION: 250 N Metro Drive, Suite B, Appleton, WI

PARENT/GUARDIAN CHECK IN: Therapist will email group updates periodically throughout the 10 sessions.

REGISTRATION INFORMATION:

- Registration Deadline: Wednesday, May 28
- No late registrations will be accepted.
- New Clients: require an initial appointment prior to the group setting and completed registration form.
- All members require completed registration form.
- 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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CRITICAL CORE

Social Skills Adventure Group!

Critical Core is a therapeutic tabletop role-playing game (RPG) designed to help kids build confidence, strengthen social skills, and express themselves in creative, collaborative ways. Using the power of fantasy storytelling, players create characters, face challenges, and work as a team—all while having a blast! Unlike traditional therapy, Critical Core meets kids where they're at: their imagination. Guided by a trained mental health professional, gameplay fosters real-world growth in a fun and engaging environment. Let your child discover the magic of connection, courage, and creativity—one roll of the dice at a time. No previous game playing experience required.

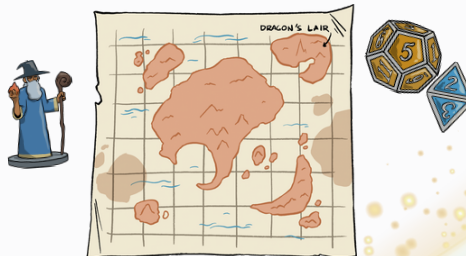
Why Enroll Your Child?

This group is ideal for kids and preteens who:

- Want to build social connection and communication skills
- Thrive in imaginative, story-driven environments
- Are working on flexible thinking, problem-solving, and cooperation
- Enjoy games, role-play, or fantasy themes like Dungeons & Dragons!
- Can self-regulate emotions and behaviors

Benefits Include:

- Improved emotional regulation
- Increased empathy and perspective-taking
- Strengthened teamwork and communication
- Boosted confidence and creativity
- A sense of belonging and shared adventure



Group Dates: Mondays, June 9 - August 18

- No Group Monday, June 30
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 9:30 am - 10:45 am

Group Location: 250 N Metro Dr, Suite B, Appleton, WI

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

Registration Information:

- **Registration Deadline: Wednesday, May 28**
- No late registrations will be accepted.
- **New Clients:** require an initial appointment prior to the group setting and completed registration form.
- All client will require a completed registration form.
- This group will be require and be capped at 4 participants for successful game play.
- 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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Dynamic Drumming



Dynamic Drumming is a music and movement group for ages 16 and up! While drumming on yoga ball drums, group members will learn and practice choreographed routines with opportunities for creativity and improvisation. This group will address social skills, emotional regulation and expression, leadership skills, self-esteem, motor skills, teamwork, and creativity.

Dynamic Drumming is a great workout for your brain AND for your body!

No previous music experiences are necessary to participate.

All supplies will be provided.

Group Dates: Fridays, June 13 - August 22

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

Group Time: 10:30 am - 11:20 am

Group Location: 250 N Metro Dr, Suite B, Appleton, WI

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

Registration Information:

- Registration Deadline: Wednesday, May 28
- 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 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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RESOLVE

Resolve is a creative arts group for 13–15-year-olds.

Group members will engage music listening, active music making, art making, and therapeutic conversation and processing opportunities to address the following goal areas: emotional insight and depth of understanding and awareness, self-esteem and self-confidence, and distress tolerance and coping strategies.

No previous art/music experiences are necessary to participate. All supplies will be provided.

Resolve is a continuation of REVERB



Group Dates: Mondays, June 9 – August 18

- No Group Monday, June 30
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 5:00 pm – 5:50 pm

Group Location: 245 N Metro Drive, Appleton, WI

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

Registration Information:

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REVERB

REVERB is a group for 10–12-year-olds.

Group members will engage in music listening, art making, instrument play, and therapeutic discussion to address executive functioning, interpersonal skills, and emotional insight.

No art/music skills are necessary to participate.

Creative arts supplies will be provided.

REVERB is a continuation of RISE UP.

Group Dates: Fridays, June 13 - August 22

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

Group Time: 3:00 pm - 3:50 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 28
- **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 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: Tuesdays, June 10 - August 26

- No Group July 1 or July 15
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 8:15 am - 9am

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

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

Registration Information:

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- 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 to confirm group participation.
- This group requires a minimum of 6 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.



For More Information Please Contact:
Expressive Therapies:
Call: 920.903.1009
Email: scheduling@expressivetherapies.net
or
Christina at CK Therapy at 920.915.6655



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Regulate Interact Socialize Express

R.I.S.E. is a 10-week creative arts
therapy group for kids ages 6-8



R.I.S.E. members will participate in music making, movement, storytelling, and much more to address the following skill areas:

- Socialization skills including turn taking, active listening, reciprocal communication, and collaboration.
- Emotional expression and coping/regulation skills
- Executive functioning skills including problem solving, impulse control, attention, flexibility, and organization.

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

Group Dates: Tuesdays, June 10 - August 19

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

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

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

Group Location: 245 N Metro Drive, Appleton, WI

Registration Information:

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- **Returning Clients:** Email scheduling@expressivetherapies.net to confirm group participation.
- All groups requires a minimum of 4 confirmed registrations.
- Group will cap at first 8 participants registered.
- 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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RISE UP

R.I.S.E. UP is a 10-week creative arts therapy group for kids ages 8-10.

Group Dates: Wednesdays, June 11 - August 27

- No Group July 2 and July 16
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 3:30 pm - 4:20 pm

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

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

Registration Information:

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- No late registrations will be accepted.
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- Returning Clients:
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- 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 movement, active music making and improvisation, song writing 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 to benefit from the power and motivation of the creative arts!

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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: Thursdays, June 12 - August 21

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

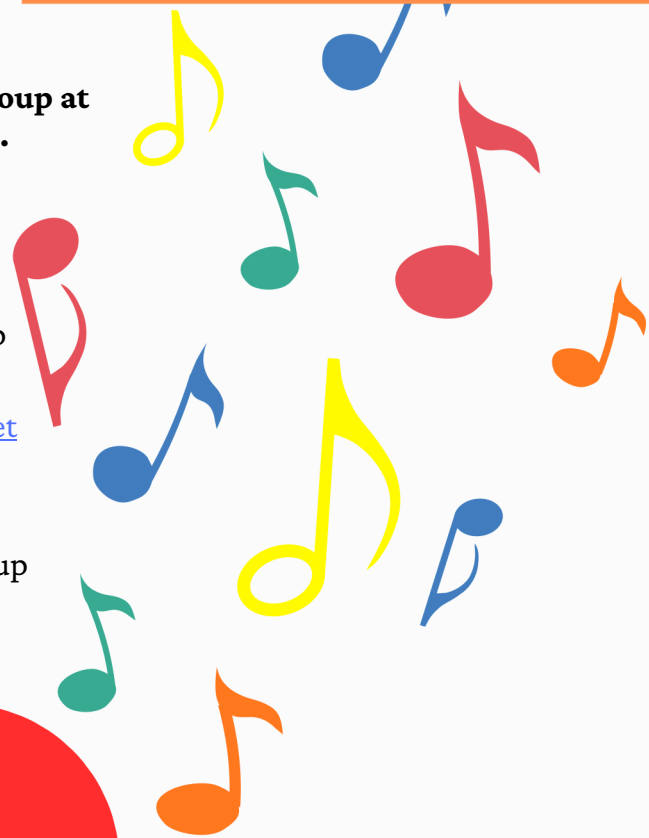
Group Time: 9:30 am - 10:20 am

Group Location: 245 N Metro Drive, Appleton, WI

Parent Check In: Parents/Guardians are expected to be in group at 10:15 am for an update of the group session.

Registration Information:

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