

WINTER 2021 GROUPS

MONDAY

Social Skills I

Music Group
Youth Social Skills
4-4:45 pm

REVERB

Music group
Teens
4:15-5:15 pm

Socializing through Music

Music Group
Teen/Young Adult
Social Skills
5:15-6:15pm

TUESDAY

Groovin' in the Music

Music & Development
for Caregivers & 18 Months to 4 yrs.
old
11:15 am - 12:00pm

WAM

Writing, Art, and Music
Ages 6-10
4-5 pm

Social Skills II

Music Group
Youth Social Skills
4:15-5:15 pm

Tempo & Tempera

Music and Art group for youth -
focusing on self-regulation
5-6 pm

Crescendo for Musicians

Starting January 26

6-7pm

WEDNESDAY

BEAT

Music/Art Group
Ages 9-13
4-5 pm

Tuning In through the Creative Arts

Creative Arts group
preteens/teens
5-6 pm

Socializing through the Creative Arts

Creative Arts Social Skills group
teens/young adults
5:30-6:30

THURSDAY

Rhythms & Regulation

Music and regulation group
for youth
3:45-4:30
4:30-5:15

*TIME BASED ON THERAPIST
RECOMMENDATION

FLOW

Creative Arts and Movement
Teens
5-6pm

CRESCENDO

Starting January 28

Ages 10-15: 4:15-5:15 pm
+16 - Adults: 5:15-6:15pm
+16 - Adults: 6:15-7:15pm

Winter Groups start the week of January 11 for 10 sessions

NEW CLIENTS: require an initial appointment prior to the group setting and completed registration form

*RETURNING GROUP MEMBERS: To confirm participation, email scheduling@expressivetherapies.net confirming group commitment **no later than Saturday, January 2, 2021***

CRESCENDO starts the week of January 25 for 13 sessions

*Crescendo registration and song choices due **by Saturday, January 16***



BEAT

Marching to Your Own Rhythm

Boys and Girls – Ages 9-13
Wednesdays 4-5 pm
January 13, 2021 – March 17, 2021

Groups run for 50 minutes - the last 10 minutes are with family/guardian involvement.

This 10-week music and art therapy-based group provides boys and girls 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.

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



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.



- No prior experience or artistic skill level needed to benefit from the powers of the creative arts.
- Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.
- NEW CLIENTS: require an initial appointment prior to the group setting and completed registration form
- RETURNING GROUP MEMBERS: To confirm participation, email scheduling@expressivetherapies.net confirming group commitment no later than Saturday, January 2, 2021
- This group requires a minimum of 5 participants.

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 due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page.

For more information about other services and events Expressive Therapies offers:
Visit our website at www.expressivetherapies.net
Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)

CRESCENDO

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



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, practice social skills and create music together.

CRESCENDO will be virtual for Winter 2021!

Weekly you will receive a Zoom link via email to use for that day's band session. We ask that band members use headphones during the session and a parent/guardian be present for assistance. More details to come prior to the first session.

We ask that you utilize a computer vs a phone or tablet as this may have a better connection and better opportunity for your child to engage with other members. If you have a computer that is hardwired/utilizing an Ethernet cable this may have better connection than WIFI. If you are aware of what rooms in your house have better WIFI signals, this will also be helpful for our sessions as well.



Winter/Spring 2021 session

*13 weeks on Thursdays
between January 28 - May 6*

Ages 10-15: 4:15-5:15 pm

+16 - Adults: 5:15-6:15pm

+16 - Adults: 6:15-7:15pm

CRESCENDO FOR MUSICIANS

*13 weeks on Tuesdays 6-7 pm
between January 26 - May 4*

In lieu of a live concert, Expressive Therapies will highlight band members strengths through videos on our social media posted at the beginning of May.

- Minimum of 4 band members; maximum of 9
- Registration Packet is required to be completed and returned to office by Friday, January 15.

Please contact Expressive Therapies for group inquiry and registration.

Phone: 920.903.1009 Email: Scheduling@expressivetherapies.net

***For up to date information regarding groups and office closures,
please follow Expressive Therapies, LLC on Facebook and Instagram.***

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

Visit our website at www.expressivetherapies.net

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

F.L.O.W.

Finding a Life of Wellness

Mindfulness and Art Group for Teens

Thursdays 5-6 pm

January 14 – March 18

Groups run for 50 minutes – the last 10 minutes are with family/guardian involvement.



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.

Potential Benefits of Group

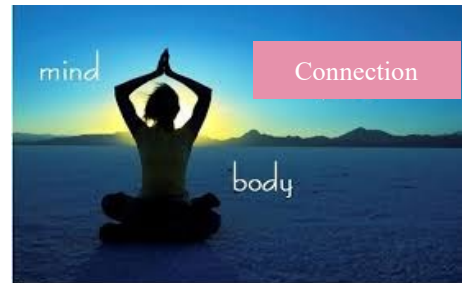
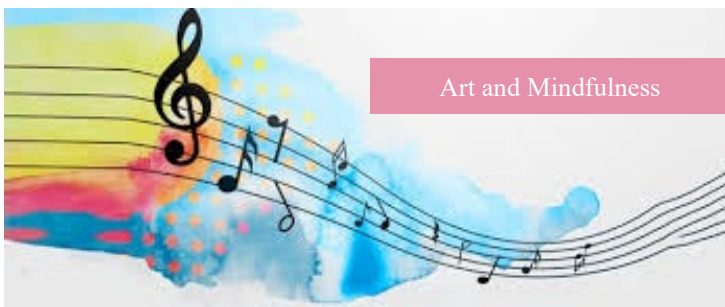
- * lowered symptoms of depression and anxiety
- * increased self-expression
- * improved self-awareness
- * improved emotion insight
- * increased understanding of mind/body connection
- * improved self-confidence
- * improved regulation skills
- * improved abilities for stress management

- *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 requires a minimum of 5 participants.
- **NEW CLIENTS:** require an initial appointment prior to the group setting and completed registration form
- **RETURNING GROUP MEMBERS:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment **no later than Saturday, January 2, 2021**

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 up to date information regarding groups and office closures, please follow Expressive Therapies, LLC on Facebook and Instagram.

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

Visit our website at www.expressivetherapies.net
Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)



Groovin' in the Music

For caregivers & children
ages 18 months - 4 ½ years

Tuesdays, 11:15-12
January 12, 2021 - March 16, 2021

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!



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.

- ♪ NEW CLIENTS: require an initial appointment prior to the group setting and completed registration form
- ♪ RETURNING GROUP MEMBERS: To confirm participation, email scheduling@expressivetherapies.net confirming group commitment no later than Saturday, January 2, 2021
- ♪ This group requires a minimum of 3 group members

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 on group and office closures due to weather will be posted on the Expressive Therapies, LLC Facebook, and Instagram page.

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

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)

REVERB

Mondays 4:15-5:15pm

January 11, 2021 - March 15, 2021

Groups run for 50 minutes - the last 10 minutes are with family/guardian involvement.



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 music and art in grounding & centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy and communication skills!

The creative arts are a powerful tool! We don't 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 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!

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.

- ⇒ No prior experience or artistic skill level needed to benefit from the powers of the creative arts.
- ⇒ Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.
- ⇒ NEW CLIENTS: require an initial appointment prior to the group setting and completed registration form
- ⇒ RETURNING GROUP MEMBERS: To confirm participation, email scheduling@expressivetherapies.net confirming group commitment no later than Saturday, January 2, 2021
- ⇒ This group requires a minimum of 5 participants.



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 on group and office closures due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page.

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

Visit our website at www.expressivetherapies.net
Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)



Rhythms and Regulation

Thursdays

January 14, 2021- March 18, 2021

3:45 pm -4:30 pm

4:30 pm -5:15 pm

Join us in this 45 min, 10-week music therapy group to learn the basics of regulation by utilizing song, rhythm, and instruments.

Groups run for 37 minutes with the last 8 minutes with family/guardian involvement.

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.

- Class time will be based on recommendation of therapist.
- Small group sizes to best meet needs of individuals.
- Small group setting with participants of similar strengths
- **NEW CLIENTS:** require an initial appointment prior to the group setting and completed registration form
- **RETURNING GROUP MEMBERS:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment **no later than Saturday, January 2, 2021**
- This group requires a minimum of 3 participants.

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 due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page.

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

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)

Socializing Through the Creative Arts

*Wednesdays 5:30 – 6:30 pm
January 13, 2021 to March 17, 2021*

Groups run for 50 minutes - the last 10 minutes are with family/guardian involvement.

A group for teens and young adults with similar strengths and needs using creative arts to practice social skills.



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 skills
- Improving interpersonal/social skills
- Improving self-esteem
- Gaining insight into emotions and healthy methods of expression
- Improving emotional regulation/self-regulation skills

The creative arts are a very powerful tool!

We don't need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art!

This group will incorporate listening to music, creative movement, song writing, playing of instruments, different creative art mediums and interventions, and working together with problem solving and teamwork. Progress is measured using a social skills scale and a prompting scale that objectively explain where individual's social skill levels are in each session.

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

-
- **NEW CLIENTS:** require an initial appointment prior to the group setting and completed registration form
 - **RETURNING GROUP MEMBERS:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment no later than Saturday, January 2, 2021
 - 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.*
 - *Up to date information regarding group and office closures due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page.*

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 Metro Drive
Appleton, WI 54913



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

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)

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

Mondays 5:15 - 6:15 pm

January 11, 2021 - March 15, 2021



Groups run for 50 minutes - the last 10 minutes are with family/guardian involvement.

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

The skills that will be focused on include:

- Being Socially Engaged
- Emotional Regulation
- Emotional Expression
- Initiating and 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 powers 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 a social skills scale and a prompting scale that objectively explain where individual's social skill levels are in each session.

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

-
- ⇒ *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.*
 - ⇒ **NEW CLIENTS:** require an initial appointment prior to the group setting and completed registration form
 - ⇒ **RETURNING GROUP MEMBERS:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment **no later than Saturday, January 2, 2021**
 - ⇒ This group requires a minimum of 3 participants.

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 due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page.

For more information about other services and events Expressive Therapies offers:
Visit our NEW website at www.expressivetherapies.net
Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)



Strengthening Social Skills through group Music Psychotherapy!!

Social Skills 1: Mondays 4-4:45 pm January 11, 2021 - March 15, 2021

Group runs for 37 minutes - the last 8 minutes are with family/guardian involvement.

Social Skills 2: Tuesdays 4:15-5:15 pm January 12, 2021 - March 16, 2021

Group runs for 50 minutes - the last 10 minutes are with family/guardian involvement.

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

FOCUSING ON PRACTICAL STRATEGIES TO IMPROVE SOCIAL & COMMUNICATION SKILLS

- Class day and time will be based on recommendation of therapist.
- Small group setting with participants of similar ages and strengths
- NEW CLIENTS: require an initial appointment prior to the group setting and completed registration form
- RETURNING GROUP MEMBERS: To confirm participation, email scheduling@expressivetherapies.net confirming group commitment no later than Saturday, January 2, 2021
- This group requires a minimum of 3 participants per level.

Music is a powerful tool!
We don't need to have any experience or special talent on an instrument to benefit from the powers and 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



For up to date information regarding groups and office closures, please follow Expressive Therapies, LLC on Facebook and Instagram.

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 more information about other services and events Expressive Therapies offers:

Visit our website at www.expressivetherapies.net

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

Tempo & Tempera

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

5-6 pm Tuesdays, January 12, 2021 – March 16, 2021

GROUPS RUN FOR 50 MINUTES – THE LAST 10 MINUTES ARE WITH FAMILY/GUARDIAN INVOLVEMENT

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!

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, and self-expression.



-
- ⇒ Groups are open to new and returning clients.
 - ⇒ No prior experience or artistic skill level needed to benefit from the powers of the creative arts.
 - ⇒ 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.
 - ⇒ **NEW CLIENTS:** require an initial appointment prior to the group setting and completed registration form
 - ⇒ **RETURNING GROUP MEMBERS:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment no later than Saturday, January 2, 2021

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 due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page

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

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)



Tuning In Through the Creative Arts

Wednesdays 5-6pm

January 13, 2021 - March 17, 2021

Groups run for 50 minutes - the last 10 minutes are with family/guardian involvement.

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 creative arts are a very powerful tool!

We don't need to have any experience or special talent on an instrument to benefit from the powers and motivation of the creative arts.

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!

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

-
- ⇒ This group requires a minimum of 5 participants.
 - ⇒ **NEW CLIENTS:** require an initial appointment prior to the group setting and completed registration form
 - ⇒ **RETURNING GROUP MEMBERS:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment **no later than Saturday, January 2, 2021**

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

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 more information about other services and events Expressive Therapies offers:

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)



WAM!!

Writing with Art and Music

4-5 pm Tuesdays

January 12, 2021 – March 16, 2021

Groups run for 50 minutes - the last 10 minutes are with family/guardian involvement.

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 writing. 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.

Benefits and goal areas addressed include improving:

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

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.



- ⇒ WAM groups are open to new and returning clients.
- ⇒ No prior experience or artistic skill level needed to benefit from the powers of the creative arts.
- ⇒ This group requires a minimum of 5 participants.
- ⇒ **NEW CLIENTS:** require an initial appointment prior to the group setting and completed registration form
- ⇒ **RETURNING GROUP MEMBERS:** To confirm participation, email scheduling@expressivetherapies.net confirming group commitment **no later than Saturday, January 2, 2021**



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 due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page

For more information about other services and events Expressive Therapies offers:
Visit our website at www.expressivetherapies.net
Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)