

Expressive Therapies

Empowering individuals—those living with social, cognitive, emotional, physical, and/or spiritual needs—through music, art, and mental health therapies to improve health and well-being.

FALL 2019 GROUPS

MONDAY

Social Skills I
4-4:45 pm

NEW - BEAT

Music/Art Group
boys and girls 9-13
4-5 pm

Socializing in

Music: Teen
Social Skills
5:15-6:15pm

Creative

Expressions
Art/Writing/Music
Girls ages 9-13
7-8 pm

TUESDAY

WAM II
4-5 pm

Social Skills II

4:30-5:30 pm

WAM I

5-6 pm

WEDNESDAY

**Midweek
Mindfulness**
11:45 - 1 pm

Tuning In

5:15 - 6:15 pm

THURSDAY

**Groovin' in the
Music**

Music therapy for
Caregivers with 18
Months to 4yrs old
11:15-12 pm

Just for Today

Open art studio for
all ages & abilities
12:30-2

CRESCENDO

4:15-5:15
5:15-6:15
6:15-7:15

FRIDAY

NEW Grief Group
Music/Art Group
ages 9-13
4-5 pm

NEW - CALMM

Teen Art Therapy
Anxiety Group
4:15-5:15 pm

Fall Art/Music Groups start the week of September 9 through November 15

Registration Form Deadline: Monday, August 26

CRESCENDO starts Thursday, September 5 with the Winter concert being held Tuesday, December 10

Registration Form Deadline: Friday, August 23

Registration forms are required for the Fall Session for both returning clients and new clients

Please ask at the front desk for a group flyer or registration form.

Fall Groups 2019

During the fall, Expressive Therapies offers a variety of groups for children and adults. The skills addressed and goals for each group differ, including: socialization and interpersonal skills, self-regulation, emotional insight and expression, self-esteem, cognition and executive functioning skills, anxiety and stress reduction, and more! Check out each of the groups below and reach out to our office with any questions and for registration information. Most Fall Groups start the week of September 9th and will run through the week of November 11th. Registrations for Fall Groups are due by Monday, August 26th. Please contact Expressive Therapies with any questions and for registration information!



**Expressive
Therapies LLC**

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Fall Groups (Starting the week of September 9th)

BEAT: Marching To Your Own Rhythm

Music/Art

Mondays 4-5pm

Youth 9-13

BEAT is a music and art therapy group that provides boys and girls ages 9-13 the opportunity to explore and regulate their emotions, improve executive functioning skills, and practice/engage in healthy social skills all through creative engagement and expression. Benefits of this group include: improved cognition and sensorimotor function, improved focus/impulse control/organization, enhanced self-esteem, improved self-regulation and emotional insight, and amplified social awareness and social skills.

Creative Expressions

Art/Writing/Music

Mondays 7-8pm

Girls ages 9-12

Creative Expressions is a group for young girls to explore and enhance their self-esteem and self-identity with the creative process. Benefits of experiences in this group include: enhanced self-esteem and self-awareness, emotional resilience and insight, amplified social skills, cognition and sensory-motor function, and conflict and distress tolerance skills.

CALMM (Creative Arts and Learning Mindfulness & More)

Art/Mindfulness

Fridays 4:15-5:15pm

Teens dealing with anxiety

Anxiety is a growing concern among teens, replacing depression as the number one mental health issue affecting our children. In this group, participants will learn techniques for calming anxiety through breathing, art-making, Thought Field Therapy, and other interventions. They will also learn how mindfulness affects the brain, specific techniques, and strategies to help remember how and when to use these techniques.

TO REGISTER FOR A FALL GROUP:

All groups are open to new and returning clients, and no previous experience or skill in the creative arts is necessary. New clients will need to complete an initial appointment prior to the start of group. Registrations for all Fall groups are due by August 26th.

Insurance and/or other funding may be available to help offset the cost of many of our groups.

Please contact Expressive Therapies to discuss what out-of-pocket and/or insurance costs may be for your individual situation! For registration information and forms, to schedule an initial appointment, or for any other questions, please reach out to:

(920)903-1009

sara@expressivetherapies.net

melissa@expressivetherapies.net

G.R.I.E.F. (Growth, Resilience, Insight to Emotions and Fears)

Music/Art

Fridays 4-5pm

Youth 9-13 experiencing grief and loss

Through this 10-week art and music therapy group, boys and girls ages 9-13 will learn what grief means to them individually, healthy expressions of grief, and coping skills through the creative arts. Grief comes in many forms and is difficult to define, as it may be: loss or change of any kind, conflicting feelings caused by the end of or change in a familiar behavior/pattern, or the feeling of reaching out to someone who has always been there (or conversely, never been there) and discovering they're no longer there.

Groovin' in the Music

Music & Movement

Thursdays 11:15am-12pm

Caregivers and 18mo-4yr old children

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, and Memory. By incorporating music and movement, we stimulate the connection of mind/body working together, allow for self-expression, and build and strengthen bonds between child and caregiver!

Just for Today

Open Art Studio

Thursdays 12:30-2pm

All ages and abilities

This open art studio is intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of 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.



Midweek Mindfulness

Mindfulness

Wednesdays 11:45-1pm

Adults of any age

Each week, participants in this group will have an opportunity to engage in a Mindfulness or Guided Imagery experiential, and then have time to artistically reflect on their emotional, mental, and physical well-being. Our goal is for each participant to improve Mindfulness Skills, and connect mind, body, and breath over the course of the 10-week group.

Social Skills Level I and II

Music

Level I: Mondays 4-4:45pm

Level II: Tuesdays 4:30-5:30pm

Youth of similar ages and strengths

Both Social Skills groups present small group music psychotherapy interventions to improve social and communication skills. Participants will gain experiences with: social use of language, initiating and maintaining conversations, gaining empathy and perspective, attention and organization, emotional regulation, interpersonal skills, and self-esteem.

Socializing Through Music

Music

Mondays 5:15-6:15pm

Teens and Young Adults

Socializing Through Music is a music group that gathers teens and young adults with similar strengths and needs with a goal to improve upon their social skills. Benefits and skills focused on include: social engagement, emotional expression and regulation, initiating and maintaining conversations, self-esteem, and leadership skills.

Tuning In Through Music and Art

Music/Art

Wednesdays 5:15-6:15pm

Preteens and Teens

Tuning In Through Music and Art is a 10-week group combining music therapy and art psychotherapy interventions. Through participation in Tuning In, group members will gain experience in: social and interpersonal skills, grounding and regulation skills, emotional insight and expression, attention and organization, and self-esteem and leadership skills.

WAM!! (Writing with Art and Music)

WAM I: Tuesdays 5-6pm

WAM II: Tuesdays 4-5pm

Children ages 6-10

WAM!! combines art therapy, music therapy, and creative writing. 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, and self-esteem and self-expression.



CRESCENDO! (September 5th - December 10th)

CRESCENDO - December 10th, 6-8pm Concert

Music

Band I: Thursdays 4:15-5:15pm

Band II: Thursdays 5:15-6:15pm

Band III: Thursdays 6:15-7:15pm

CRESCENDO is split into 3 different bands and begins on Thursday, September 5th and runs on Thursdays through the fall, culminating in a final concert on Tuesday, December 10th. CRESCENDO group members will select a song to perform at the concert, and over the course of the fall will learn words, select instrumentation, and practice their own and their peers' musical selections. The theme for this fall's CRESCENDO will be songs about home.



THANK YOU FOR READING OUR NEWSLETTER!

We appreciate connecting with the community by sharing the specifics of music therapy and art therapy. If you have further inquires, we highly recommend you visit our website at www.expressivetherapies.net, our Facebook page (Expressive Therapies), our Instagram (Expressive Therapies LLC), the American Music Therapy Association at www.musictherapy.org and the American Art Therapy Association at <https://arttherapy.org/>, or email us at info@expressivetherapies.net.

Take care and be well!

