



REFLECTIONS

A 10-week Art Therapy group for adults

Group Dates: Thursdays, June 15 – August 24

NO GROUP July 6

Group Time: 4:15-5:30 pm

Group Description

In this 75 min 10-week Art Therapy group, adult participants will focus on Mindfulness, Relaxation, and Reflection Skills.

Each week, participants will start with a form of meditation, leading into artistically reflecting on their emotional, mental, and physical wellbeing by creating a response art piece. Participants will engage in a group discussion reflecting on the meditation and prompt art. Our goal is for all participants to improve in mindfulness skills, gain assertive communication skills and develop self-awareness.

Art therapy can be used to connect the mind and body and creating a response of relaxation to stress and trauma. Artwork (both images and engagement with the creative process) acts as a bridge, connecting the mind with the body. Through this connection, transformation can occur, creating a path towards growth and healing.

Registration Information:

- 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.
- This group requires a minimum of 5 participants.
- Insurance accepted for this group.
- Please contact Expressive Therapies at phone number or email address listed below to discuss your insurance provider and what out-of-pocket costs may be for your individual situation!
- **Registration for all participants due by Sunday, June 11**
 - **New Clients: Require an initial evaluation prior to joining group.**



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

Group will be held at:
Expressive Therapies, LLC
250 N Metro Drive
Appleton, WI 54913

For current information regarding group, office closures and more information on staff and other services and events Expressive Therapies offers we invite you to:

Visit our website at www.expressivetherapies.net

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