



FALL 2025 Groups

MONDAY

RISE UP

4pm

Creative Arts Group
ages 8-10

RESOLVE

5 pm

Creative Arts Group
ages 13-15

WEDNESDAY

CODA

4pm

Teens/Tweens
Music Group

*CRESCENDO

6:30 pm

*Starts September 3
Registration deadline
Friday, August 22

THURSDAY

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

Critical Core

*Virtual Group

4:00 pm

Social Skills Game Group
for Preteens



10 Week Groups Start the Week of September 15

Group Registration Deadline: Friday, September 5

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





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, September 17 - November 26

- No Group Wednesday, October 15 and November 19
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4 pm-4:50 pm

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

Parent Check In:

- Parents/Guardians are expected to join group at 4:45 pm for an update of the group session.

Registration Information:

- **Registration Deadline: Friday, September 5**
- No late registrations will be accepted.
- **New Clients:** require an initial appointment prior to the group setting.
- **All members require completed registration form.**
- All groups requires a minimum of 4 confirmed registrations.
- Cap of 6 participants.
- 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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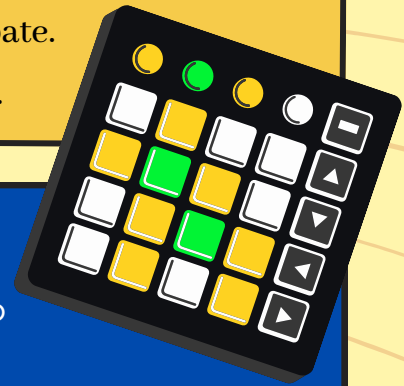


CONNECT THRU TECH

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, September 18 - November 20

- 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: Friday, September 5
- No late registrations will be accepted.
- New Clients: require an initial appointment prior to the group setting.
- **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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CRESCENDO

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

JOIN US FOR FALL CRESCENDO

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

Wednesdays, Starting September 3

No Band Wednesday, November 26

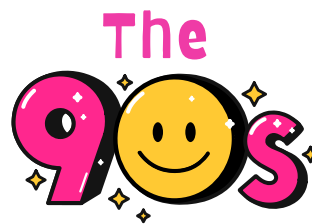
Band Time: 6:30 - 7:30 pm

Sign up soon! Spaces are limited.

If you register after this time slot is full,
we will have a waitlist for a potential of a 2nd band

**LOCATION : EXPRESSIVE THERAPIES 2ND LOCATION,
250 N METRO DRIVE, SUITE B, APPLETON, WI**

FALL 2025 THEME:



**TO SHOWCASE OUR STRENGTHS
THERE WILL BE A PERFORMANCE
WEDNESDAY, DECEMBER 3 6PM
AT WILDER'S BISTRO**

Registration Information:

Registration Deadline, Wednesday, August 27

- A registration packet must be completed with song choices.
- No late registrations will be accepted.
- Minimum of 5 band members
- Group participants will receive an email from scheduling confirming group within 2 business days of the registration deadline.

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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.

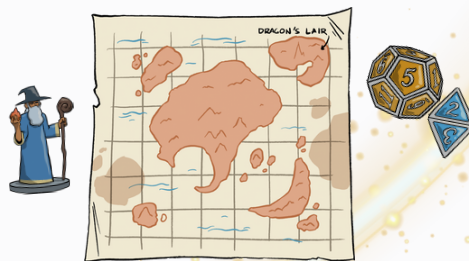
Why Enroll Your Child?

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: Fridays, September 19 - November 21

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:00 pm - 5:00 pm

Group Location: **Group will be held VIRTUALLY**

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

Registration Information:

- **Registration Deadline: Friday, September 5**
- No late registrations will be accepted.
- **New Clients:** require an initial appointment prior to the group setting.
- All clients require a completed registration form.
- This group will be required 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, September 19 - November 21

- 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: Friday, September 5.**
- No late registrations will be accepted.
- New Clients: require an initial appointment prior to the group setting.
- 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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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, September 15 – November 24

- No Group Monday, October 13
- 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.

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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:

Mondays September 15 - November 17

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4 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:** Friday, September 5
- No late registrations will be accepted.
- **New Clients:** Require an initial appointment prior to the group setting
- **All members require completed registration form.**
- All groups requires a minimum of 4 confirmed registrations.
- Registration is capped at 6 participants.
- 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. 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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