

Improved Mental Health

Self-expression



Art Therapy Process Groups

Self-awareness

Social-bonding



Description: This art therapy process group is for adolescents ages 13-18. The group will meet virtually each week via Zoom.

Time: Thursday's @ 3:00-4:00 pm

Dates: 6/23, 6/30, 7/7, (*skip 7/14*), 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1

Cost: \$55/per person/per group

Reserve your spot today! Please reach out to Jordan Hubchik at The Art Therapy Nook

Email: jordan@arttherapynook.com

RSVP to join the group by 6/16/22

Please ensure that you are able to commit to attending at least 8 of the 10 groups offered.