

FALL 2024 TEEN ART GROUP



STRESS MANAGEMENT AND SKILL BUILDING

LEARN ABOUT YOURSELF THROUGH CREATING ART

- BUILD COPING SKILLS
- PRACTICE MINDFULNESS
- MANAGE YOUR STRESS
- NEW CURRICULUM
- NO EXPERIENCE NECESSARY
- ALL SUPPLIES PROVIDED
- *HAVE FUN*


SATURDAYS 11AM-12:30PM

NOVEMBER 2
NOVEMBER 9
NOVEMBER 16
NOVEMBER 23

AGES 13-18

Dr. Dawn Dilley, Clinical Health Psychologist

Intake plus 4 therapy sessions for \$295. Call Dr. Dilley to schedule the 30 minute intake. All sessions are at her office in the therapeutic art studio.

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