

## High School Art Therapy Group: Depression and Anxiety

### WHO & WHAT

This Art Therapy Group provides an opportunity for teens in 9th-12th grade to develop self-awareness and expression by using art materials as a communication tool. Teens will be asked to use art materials to express and process emotions and thoughts in a safe environment with supportive peers. Each week an engaging, new art activity will be provided by Victoria Manheim, LPC and Art Therapist, to address and process symptoms related to depression and anxiety. Teens will create art the first hour, and the last half hour will be used to process their artwork.

### WHEN & WHERE

**Mondays and Wednesdays from July 1st - 24th 12-1:30pm**  
Florissa, 144 North Court, Dixon

### COST

In order to provide you with an estimate of the 8 art therapy sessions, all registration and insurance information forms must be submitted no later than Monday, June 17th.

### REGISTRATION

A minimum number of participants is necessary for the group to be held. Due to limited space, please call Janet O'Donnell at (815)288-1905, ext. 106 or email [odonnellj@kreiderservices.org](mailto:odonnellj@kreiderservices.org) to register. Deadline to register is Monday, June 17th.

