

Middle School Art Therapy Group: Depression and Anxiety

WHO & WHAT

This Art Therapy Group provides an opportunity for children in 5th-8th grade to develop self-awareness and expression by using art materials as a communication tool. Children 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. Children will create art the first hour, and the last half hour will be used to process their artwork.

WHEN & WHERE

Mondays and Wednesdays from June 3rd - 26th 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, May 20th.

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 to register. Deadline to register is Monday, May 20, 2019.

