ART THERAPY GROUP

MEETS THE LAST WEDNESDAY OF EVERY MONTH, BEGINNING FEBRUARY 24TH, 6 – 8 PM

This group is designed for survivors of domestic violence and sexual assault who wish to explore their creativity to support the healing process.

Art Therapy is a form of expressive therapy that utilizes art materials, the creative process, and the art work itself as a means to explore emotions, foster self-awareness, reduce stress, and improve self-esteem.

Space is limited. Please contact Erika Budson, MA LLPC to sign up
248-334-1284, ext. 514
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