

## MID-WEEK MINDFULNESS GROUP

A 10-week Art Therapy group for women of any age, 18-99, focused on Mindfulness, Relaxation, and Reflection Skills.

**Wednesdays 11:45 am-1:00 pm**

**March 3 through May 5**

Group is offered either in person or via HIPAA compliant Teletherapy – whatever you are most comfortable with!



### What can be experienced with a regular Mindfulness practice?

- ✓ Decreased Levels of Stress
- ✓ Feeling More Present in Daily Tasks
- ✓ Increased Emotional Regulation and Self-Control
- ✓ Improved Social and Relational Skills
- ✓ Improved Concentration
- ✓ Enhanced Mental Health and Functioning
- ✓ Greater Sense of Well-Being and Self-Worth
- ✓ Open-mindedness and Gratitude

Art therapy can be used to connect the mind and body and creating a response of relaxation to stress and trauma.

Artwork (both images and engagement with the creative process) acts as a bridge, connecting the mind with the body. Through this connection, transformation can occur, creating a path towards growth and healing.

Each week, participants will have an opportunity to engage in a Mindfulness or Guided Imagery experiential, and then have time to artistically reflect on their emotional, mental, and physical wellbeing. Our goal is for each participant to improve mindfulness Skills, and connect mind, body, and breath, over the course of the 10-week group!

- There is no need to have any prior experience or artistic skill level to benefit from the powers of the creative arts.
- Art supplies will be provided; however, participants are welcome to bring personal art supplies as well.
- This group requires a minimum of 5 participants.
- Insurance accepted for this group.
- Please contact Expressive Therapies at phone number or email address listed below to discuss your insurance provider and what out-of-pocket costs may be for your individual situation!
- **Registration for returning and new clients are due by Friday, February 26**
  - New members: Require an initial evaluation prior to joining group and must complete a registration form
  - Returning members: Email [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) or call the office to confirm registration.



Office location for in person group:

Expressive Therapies, LLC

250 N Metro Dr. Appleton, WI 54913

Phone: 920.903.1009

Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)

For up-to-date information regarding groups and office closures, please follow Expressive Therapies, LLC on Facebook, and Instagram.

For more information about other services and events Expressive Therapies offers:

Visit our website at [www.expressivetherapies.net](http://www.expressivetherapies.net)

Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)