

Adult Art Therapy Group

Now accepting
members for fall
sessions!

6 total Wednesdays
3:00pm- 4:30pm
Sept 6th to Oct 11th

- Gain new coping skills
- Promote a sense of group connection
- Externalize thoughts and feelings through creation
- Utilize art practices for self awareness and self care
- Improve the ability to live in the present

Art therapy is for people of all different creative levels! NO EXPERIENCE with art is NECESSARY. We use making and creating as a way to process events, emotions, and experiences.



Healthy Perspectives
Innovative Mental Health Services, PLLC
30 Temple Street, Suite 105, Nashua, NH 03060



**Register in the
office or
give us a call
(603) 880-9880**

SPACE IS
LIMITED!

**FREE with \$20
recommended donation
for supplies**

Digital Art Therapy Group

For young adults

Now accepting members for the fall session

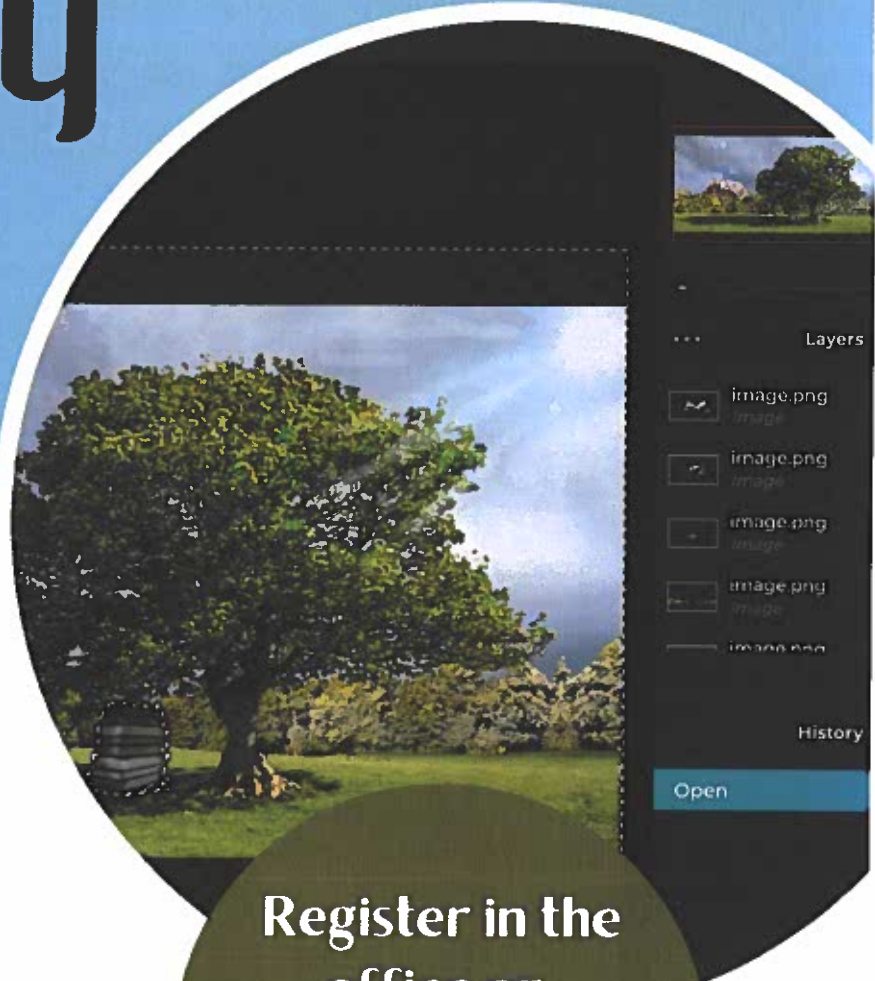
6 total Mondays
4:00pm- 5:30pm
Sept 11th to Oct 16th

- Foster community support and connection
- Explore and develop self expression
- Utilize art practices for self awareness and self care
- Promote a sense of connection and group safety

No experience with art is necessary. Sessions will consist of some teaching and lots of creating. Use platforms like Pixlr/e, Sketchbook, Opentoonz, and any softwares or programs that are personally used by participants.



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Children Art Therapy Group

For children in
elementary school

6 total Wednesdays
4:30pm- 5:30pm
Sept 13th to Oct 18th

- Foster community support and belonging
- Explore and develop authentic self-expression
- Utilize art practices for self-awareness and self-care
- Enhance and explore imagination

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Run by art therapist intern



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**\$65 total for all
6 sessions!**

Adolescent Art Therapy Group

For middle
school
aged
adolescents

**Every other Monday
4:30pm- 5:30pm
Oct 23, Nov 6, 20, Dec 4,
18**

- Foster community support and belonging
- Explore and develop authentic self-expression
- Utilize art practices for self-awareness and self-care
- Enhance and explore imagination

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SPACE IS
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**\$55 total for all
5 sessions!**