

Art Therapy for your Nervous System

GROUP MEMBERS NEEDED

**Must be available for all 5 sessions. Mondays 4:30 to 5:30
January 8, 15, 22, 29, and February 15**



**\$20 total for all
5 session pre-
registration is
required:** Call
(603) 880-9880
extension 201,
with your name
and number

Learn about self regulation, build skills, and experience art therapy with some verbal processing.

Week 1: Introductions, what we will be doing/ what is art therapy. learn basics of nervous system, and check in with yours

Week 2: All about your ventral state: create, journal, practice

Week 3: All about your sympathetic state: create, journal, practice

Week 4: All about your dorsal state: create, journal, practice

Week 5: Final nervous system check in and reflections

All art materials provided. Expect to create every session. NO EXPERIENCE with art needed. All abilities welcome!

