



Community, Connection,
Conversation

INTRODUCTION ART THERAPY GROUP

6 Total Tuesdays

4:00pm to 5:30pm

July 9th to August 13th

- For people who have not been in an art therapy group before
- Gain new coping skills and regulate emotions
- Promote a sense of group connection
- Externalize thoughts and feelings through creation
- Utilize art practices for self awareness and self care

Art therapy is for people of all different creative levels! NO EXPERIENCE with art is NECESSARY.

Register at: (603) 880-9880 x201
\$200 includes all 6 sessions



Healthy Perspectives

Innovative Mental Health Services, PLLC

603-880-9880 | hp-nh.com

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