



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](http://hp-nh.com)**

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