



# Art Journaling Group

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Hello!

I am starting an art journaling group and am looking for interested participants. This group will run for four consecutive weeks with the potential for extension if there is interest. Participants **MUST** commit to all four weeks due to the therapeutic process. Each session will last for two hours.

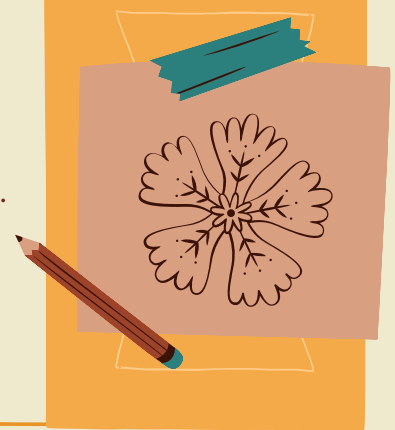


## What is art journaling?

An art journal is the same as a written journal, except that it incorporates colors, images, patterns, and other materials. Some art journals have a lot of writing, while others are purely filled with images. It's a form of creative self-care.

## Okay, cool, so what's the cost?

The **TOTAL COST** for all four sessions, that's eight hours of group therapy, is **\$355**. This includes **\$75** of material that you get to keep.



## What are the benefits of art journaling?

Art journaling creates a deeper sense of self-awareness, empowers us, inspires us, encourages us, and can move us in powerful ways. A few of the many benefits of art journaling: Eases the stresses of life by getting the chaos inside our heads down on paper.

## Why group therapy?

In addition, you get the experience of group therapy. There are several advantages of group therapy, including the opportunity to develop both socialization and communication skills. It can also teach you how to appropriately communicate problems or issues you're having and learn to accept criticism. You can develop a sense of self-awareness when you're in a safe place with group members you relate to and who can relate to you about similar issues.



*Interested? Contact:*

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