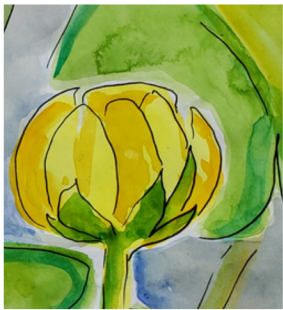


# ART THERAPY GROUP

for teen girls  
ages 12-15

At Art Lab Rx, we combine therapeutic practices with creative self-expression to help clients safely explore emotions that often can't be expressed with words. Our qualified team will guide her through a creative process to explore her thoughts and feelings using a variety of art materials.

In this group she will learn and practice: relaxation, gain understanding of behavior, share experiences with those in the same situation, learn and practice coping strategies, gain a positive sense of self, learn creative ways to solve problems, process emotions through creative means, learn ways to change destructive thought processes and learn ways to reduce stress.



## Bud to Blossom: Where Healing Blooms Through Art Teen Girls ages 12-15

6-week cohorts on Tuesdays, 7-9 pm

Use art-making to process feelings of anxiety, depression, self-worth and more in a small group of other young teens. Our warehouse studio is a colorful place where you can safely explore your emotions.

### 2024 Schedule

January 30 - March 5	June 25 - July 30
March 19 - April 23	August 13 - September 17
May 7 - June 11	October 1 - November 5

6-week cohort  
Tuesdays  
7-9 pm

Insurance Accepted



### CONTACT US

Register at [www.ArtLabRx.com](http://www.ArtLabRx.com)  
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1613 99th Lane NE, Blaine, MN



**ART LAB RX**