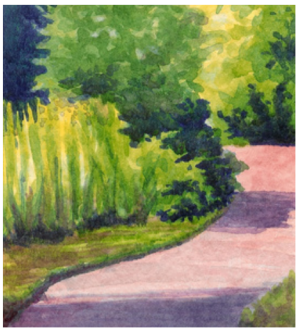


ART THERAPY GROUP

for teen girls

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.



Vibrant Visions: Create Today, Thrive Tomorrow **Teen Girls ages 16-19**

6-week cohorts on Mondays, 7-9 pm

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

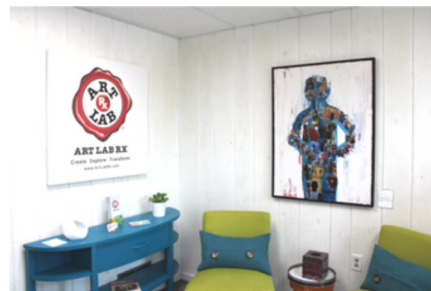
2024 Schedule

January 29 - March 11
March 25 - April 29
May 13 - June 17

July 1 - August 5
August 19 - September 30
October 21 - November 25

6-week cohort
Mondays
7-9 pm

Insurance Accepted



CONTACT US

Register at www.ArtLabRx.com
ArtLabRx@gmail.com
1613 99th Lane NE, Blaine, MN



ART LAB RX