

ART THERAPY GROUP

*for grief & loss
adults 18+*



Process your grief and loss using creative self-expression

At Art Lab Rx, we combine therapeutic practices with creative self-expression to help you process your feelings.

You will use a variety of art materials to explore emotions and gain understanding within a supportive community.

6-week cohort
Wednesdays 7-9pm
Insurance Accepted

Contact us for schedule



Contact Us

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



ART LAB RX