



# Creative Connections Art Therapy Group

Follow a personal healing path toward increased overall mental well-being. Socially interact, as you create various forms of art, via creative connection. All (age 16+) are welcome regardless of artistic level.

“Art Therapy is an evidence based, cognitive and sensory motor treatment that fosters self-esteem, self-awareness, cultivates emotional resilience, promotes insight, reduces /or resolves conflicts and distress, advances change in one’s mental wellbeing.”

## Sign up today for 8 weeks of Art Exploration

**Group Facilitator:** Britt McGonagle, LPC-IT

**When?** Wednesdays 3:30-5p, beginning February 3, 2021

**Where?** Elite Cognition LLC Office in the Water Tower Place Building  
5900 Monona Drive Suite #200, Monona WI 53714



**How?** Email [bryenne@elitecognitionllc.com](mailto:bryenne@elitecognitionllc.com) or call 608-286-1132 x10 to complete a quick (one time) registration form, prior to your first session.

**Fee?** \$45/session or \$320, if paid in full prior to first session. Materials included in fee.  
\*CCS programming participants should register through your Service Facilitator

**Note:** This is an *In-Person group*. **The following protocols and precautions will be put in place and must be followed by all participants.** Should our agency close or change protocols due to Covid-19, participants will be notified immediately.

- Group size is limited to 6 participants
- Be on time to group & Commit to attend all 8 weeks
- Wear a mask in the building & while in group
- Sign Covid-19 Health Check and Exposure Policy Agreement
- Wash hands (soap & water or sanitizer) as you enter session
- Do not come to group if you are sick or have symptoms
- Strict sanitation protocols of the space will be followed before/after each session

