



## Explore Self Esteem while managing symptoms of Anxiety and Depression through creation in our **Art Explorations Group**

For Adolescents Ages 12-18

**What is Art Therapy?** Art therapy utilizes a unique combination of conscious & subconscious thinking and art making. Have you ever experienced, or wanted to work through, something that was difficult to put into words? Art therapy allows you to utilize process-oriented expression to explore mental health struggles without relying on the spoken word. In art therapy, *the process of creating is far more important than the product or outcome.*

Increase your Self Esteem as you are encouraged to access your expressive side; while learning skills to manage symptoms of Anxiety and/or Depression in a new way. Join Facilitators *Ashley Bostwick, MS, ATR-P* and *Bryenne Alesch, M. Ed* this summer. No art experience is necessary.

### What to Expect

- Supplies provided
- Guidance and support from a trained provisional Art Therapist
- Explore different mediums & techniques
- Art Directives linking to subject matter
- Find skills inside yourself you didn't know you had
- This is an in-person group

### When

- Tuesdays Noon – 1:30 pm
- June 21 – August 9, 2022

### Where

- Elite Cognition LLC Office  
5900 Monona Drive, Suite 102  
Monona WI 53716 (Water Tower Place Building)  
608-286-1132

### Register

- Send completed group registration form to [info@elitecognitionllc.com](mailto:info@elitecognitionllc.com) or our office
- Your spot will be confirmed upon receipt
- Once the group fills, we will begin waitlisting for the next session
- Participants will be scheduled for a brief virtual meet & greet with one of our facilitators prior to the first group to discuss individual needs, hopes & goals
- This in person group relies on its members to be present. Participants should commit to weekly attendance.



### Fee

- \$40/week or \$350, if paid in full prior to first session. Materials included in fee.
- Unfortunately commercial insurance plans will not cover this style of group psychotherapy. CCS program participants should register via their Service Facilitator

*\*Nobody should be excluded due to cost. Contact us to see if you are eligible for our sliding scale fee*