

# Art Therapy for Mental Wellness

Do you struggle to find a way to express your feelings in a constructive way? Or maybe you already know that artistic creation is a great therapeutic outlet for you!

In this group, facilitated by

Registered Art Therapist, **Ashley Bostwick**,

and Licensed Professional Counselor, **Britt McGonagle**,

you will have the opportunity to explore a variety of art mediums. You can expect to engage in specific Art Therapy directives to learn ways to cope with and/or process mental health concerns related to anxiety, depression, communication skills and socialization, grief, self-esteem, acceptance, and much more.



**Cost:** \$45/session or \$410\*  
(\*if paid in full prior to first session)

## CCS Consumers:

CCS consumers contact your Service Facilitator!

Elite Staff will communicate action steps and hours needed with SF upon registration receipt.

## Insurance:

You may be able to use your Quartz Insurance. Please refer to your plan or contact your provider for more information.

## No one should be excluded due to

**cost.** Contact us to see if you are eligible for our sliding scale fees!

**Tuesdays 12:00 - 1:30**

Sept. 5<sup>th</sup> – Nov. 14<sup>th</sup>, 2023  
(10 Weeks, no group October 3<sup>rd</sup>)

**Who:** Adults 18+

**Location:** 5900 Monona Drive,  
Water Tower Place, suite 102

To Register, fill out a registration form  
(on back of flier)

For a digital copy or for more information,  
please email: [info@EliteCognitionLLC.com](mailto:info@EliteCognitionLLC.com)

