



Teens of Divorce Art Therapy Group

Often times through art, we discover a deeper part of ourselves. Through this creative process and with the connection of the group, teens can begin to process feelings which may be left over from the changes in the family structure. Nancy creates a safe, nurturing space to discover and recover.

- **Meets once a week for 90 minutes/ \$50 per session**
 - **8-week commitment at time of registration**
 - **No art skills required**
 - **Art supplies included in group price**
 - **May elect to continue longer**

About Nancy - Nancy's past includes divorce and blended family life. Professionally, she has worked with many clients in life transitions that included divorce and loss. Nancy's gentle style, along with her ability to set boundaries, make her groups a safe place for teens. Through artwork, your teen will have an opportunity to quietly reflect on his or her own experience and may also choose to share in group.



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