



Self-care through Art Journaling

Thursdays from 6:30-8:00pm

April 4th April 18th May 2nd
April 11th April 25th May 9th

This group is designed for teen girls age 13 to 17 to build self-esteem, learn about mindfulness, and develop healthy coping skills to overcome trauma from domestic and sexual abuse.

Art Therapist, Katie O'Connor from Lumos Wellness will facilitate a safe space for teens to explore different forms of non-verbal creative expression as an outlet for their feelings.

Join the group for one or all sessions featuring a new form of media each week. Each participant will take home their own journal to practice their new skills.

Sign Up Today

There is no cost for this group and all materials will be provided.

Please call Teresa at 262.547.4600 to register.

Location:

The Women's Center
505 N East Avenue
Waukesha, WI 53186

Business: 262.547.4600

Hotline: 262.542.3828

www.twcwaukesha.org

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**Women's
CENTER**
Safety. Shelter. Support.