



Creative Journaling

Thursdays from 6:30-8:00pm

June 13th June 27th July 18th
June 20th July 11th July 25th

This group is designed for teen girls age 13 to 17 to explore body image, boundaries, and friendships while building self-esteem.

Katie O'Connor, Art Therapist 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 – a new art technique will be featured each week, and each participant will receive a journal and other supplies to practice their new skills at home.

Sign Up Today

There is no cost for this group and free childcare is available by appointment.

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

