

COPING THROUGH CREATING

AN ART THERAPY GROUP

Each week, we will explore themes of gratitude, mindfulness, self-esteem, and self-care through art. We'll discuss these themes together as a group and create a related art piece. The group is designed to help you build coping skills while making art. No art background or skills needed, just willingness to create your own artwork.



WEEKLY VIRTUAL SESSIONS

**TEXT "ART" TO
(813) 331-5646 TO REGISTER**



YOU WILL:

Experience creative expression without pressure

Learn coping skills

Deepen self-awareness

Create your own unique artwork

JOIN US:



5 week virtual group:
Wednesdays from
June 24th - July 22nd



10:30am to
11:30am



\$50 per
session

LED BY PAMELA SALCEDO
Licensed Mental Health Counselor &
Registered Art Therapist