



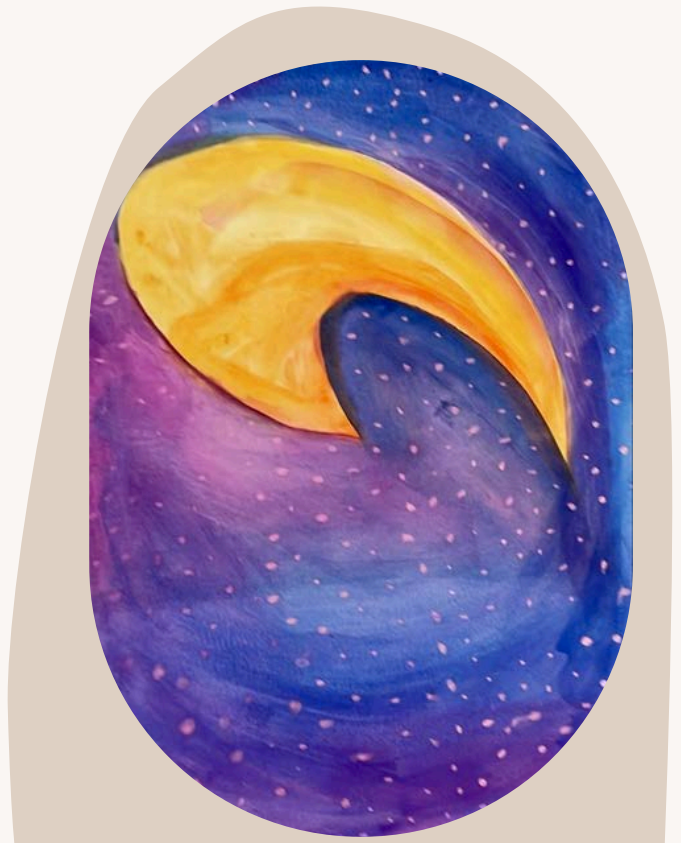
CREATING A BRAVE AND EMPOWERING SPACE FOR  
EQUALITY THROUGH TRAUMA INFORMED CARE.

# WINTER GROUPS 2025

Expressive Therapies has a variety of groups to offer children and adults this winter. Each group addresses different goal areas, including social and interpersonal skills, self-regulation, emotional expression, self-esteem, cognition and executive functioning skills, anxiety and stress reduction, and more! Winter groups will start the week of February 3rd and will run for 10 sessions (CRESCENDO is an exception-see below for more information). Additional information about the groups being offered can be found in this newsletter, social media posts, and in specific group flyers!

## How to Register

- All groups are open to new and returning clients, and no experience or skill in the creative arts is necessary. New clients will first need to complete an initial evaluation to participate in a group.
- Winter group registrations are due by Wednesday, January 22nd. No late registrations will be accepted.
- Insurance and/or other funding may be available to help offset the cost of groups. Please contact Expressive Therapies to discuss specific options for you/your child.
- For registration information and forms, to schedule an evaluation, or for other questions, reach out to:
  - Phone: (920) 903-1009
  - Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)





## CODA

**Population:** Tweens/teens

**Day/Time:** Mondays, 5:30-6:20pm

**Running Dates:** February 3rd - April 7th

CODA is a group that gathers tweens and teens with similar strengths and needs with a goal to improve upon their socializing skills. This group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing and working together with problem solving and teamwork.



## CRESCENDO

**Population:** Teens/Young Adults

**Day/Time:** Thursdays, 4:15-5:05pm OR 5:15-6:05pm (groups times will be recommended by therapist)

**Running Dates:** January 23rd - April 16th

**Final Performance:** Wednesday, April 16th at 6:00pm, Wilder's Bistro

**\*Registration deadline for CRESCENDO is Wednesday, January 15th.** No late registrations will be accepted.

Creating Relationships, Ensemble, Social Connections, Embracing New skills, Defeating Old unhealthy patterns. CRESCENDO is a band that is focused on building connections, practicing social skills, playing instruments, and creating music together. There will be a final performance to showcase group members' strengths.



## Drawing Together

**Population:** Adults

**Day/Time:** Fridays, 10:15-11:30am

**Running Dates:** February 7th- April 25th

This weekly group includes structured art interventions that encourage collaboration with others and creative expression. Benefits of art making in a group atmosphere include stress

reduction, increased sense of self-awareness, greater sense of control, increased sense of independence, improvements in communication, and improvements in social skills.





## Moving to the Arts

**Population:** Ages 9-13 years

**Day/Time:** Thursdays, 4:00-4:50pm

**Running Dates:** February 6th- April 10th

Moving to the Arts provides youth the opportunity to explore and regulate emotions, improve executive functioning skills, and enhance healthy social skills. The group will incorporate creative arts and movement-based interventions that focus on working together, improving socialization and communication skills, and executive function skills.



## Resolve

**Population:** Ages 13-15 years

**Day/Time:** Mondays, 5:00-5:50pm

**Running Dates:** February 3rd - April 14th

Resolve is a creative arts group for ages 13-15.

Group members will engage in music listening, active music making, art making, and therapeutic conversation and processing opportunities to address the following goal areas:

emotional insight with depth of understanding and awareness, self-esteem and self-confidence, and distress tolerance and coping strategies.



## REVERB

**Population:** Ages 10-12 years

**Day/Time:** Wednesdays, 5:00-5:50pm

**Running Dates:** February 5th - April 9th

Group members will engage in music listening, art making, instrument play, and therapeutic discussion to address executive functioning, interpersonal skills, and emotional insight. No experience is needed in the creative arts to participate in this group!







## RISE

**Population:** Ages 6-8 years

**Day/Time:** Tuesdays, 4:30-5:20pm

**Running Dates:** February 4th - April 8th

RISE will incorporate movement, art making, storytelling, and more to address the following areas: socialization skills including turn taking, active listening, and reciprocal communication; coping and regulation skills; and executive functioning skills including adaptability, problem solving, impulse control, organization, and attention.



## RISE UP

**Population:** Ages 8-10 years

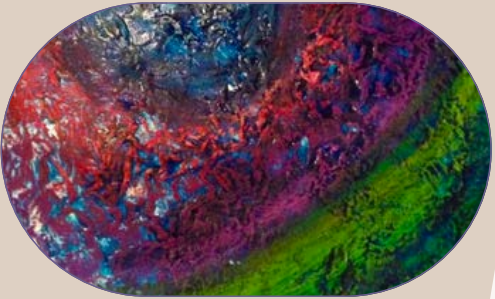
**Day/Time:** Mondays, 4:30-5:20pm

**Running Dates:** February 3rd- April 7th

RISE UP will incorporate instrument playing, movement, art making, storytelling, and more to address the following areas: interpersonal communication (communicating and understanding personal boundaries), teamwork, and compromise; emotional expression and coping/regulation skills; and executive functioning skills including adaptability, problem solving, impulse control, organization, and attention.



# Reminders and Important Dates!



- New clients wanting to participate in a group must complete an initial evaluation prior to registration.
- **Registration is due by Wednesday, January 22nd.**
- **CRESCENDO registration is due by Wednesday, January 15th.**
- No late registrations will be accepted.
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## OUR MISSION AT EXPRESSIVE THERAPIES:

Creating a brave and empowering space for equality with – race, gender, sexuality, age, economic status, cognitive, physical, spiritual needs and those living with mental illness – through trauma informed care: music therapy, art therapy, dance/movement therapy and psychotherapy, to improve health and well-being.

TAKE CARE AND BE WELL!

Connect with us on social media!



Instagram (@expressivetherapiesllc)



Facebook (Expressive Therapies LLC)



Linked In (Expressive Therapies, LLC)



Contact us!

**Phone:** (920) 903-1009

**Email:** [info@expressivetherapies.net](mailto:info@expressivetherapies.net)

**Website:** [www.expressivetherapies.net](http://www.expressivetherapies.net)