



# FALL 2024 GROUPS



## MONDAY

### REVERB

4 PM

Creative Arts Group  
ages 10-12

### RISE

4:30 PM

Creative Arts Group  
ages 6-8

### RESOLVE

5 PM

Creative Arts Group  
ages 13-15

### CODA

5:30 PM

Teens/Tweens  
Music Group

## TUESDAY

### RISE UP

4:30 PM

Creative Arts Group  
ages 8-10

### YOU & ME

4:30 PM

Youth Music Group

### TRUE COLORS

4:30 PM

Youth Music Group

## WEDNESDAY

### RHYTHMIC REHAB

4:30 PM

Youth & Caregiver Music Therapy  
& Physical Therapy group

### GO WITH THE FLOW

4:30 PM

Creative Arts Group  
Mindfulness and  
Movement

## THURSDAY

### MOVING TO THE ARTS

4 PM

Creative Arts Group  
Ages 9-13

### \*CRESCENDO

4:15 PM

5:15 PM

**\*Starts September 5**  
**Registration deadline**  
**Wed August 28**

## FRIDAY

### DRAWING TOGETHER

10:15 AM

Adult Structured Art Studio

Contact Expressive Therapies for more information:  
Phone: 920-903-1009  
Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)

**10 Week Groups Start the Week of September 16**  
**Group Registration Deadline: Wednesday, September 6**

Late registrations will not be accepted

Ask your child's therapist about a group recommendation.  
Please see individual group flyers for full group details  
and the registration process.





# CODA:

## Creative Opportunities for Developing Awareness

This is a 10-week group that gathers tween and teens with similar strengths and needs with a goal to improve upon their socializing skills.

The creative arts are a very powerful tool! There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of the creative arts.

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.

The skills that will be focused on include:

- Being Socially Engaged
- Emotional Regulation
- Emotional Expression
- Initiating & Maintaining Conversations
- Improving Self Esteem
- Improving Leadership Skills

Progress is measured using an engagement scale and a prompting scale that objectively explain where individual's growth in goal areas are in each session. Our goal is for each participant to improve upon these skills by at least 1 skill level over the course of the 10-week group.

**Group Dates:** Mondays, September 16 - November 18

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

**Group Time:** 5:30 pm-6:20 pm

**Group Location:** 250 N Metro Drive, Suite B, Appleton, WI

**Parent Check In:**

- Parents/Guardians are expected to join group at 6:15 pm for an update of the group session.

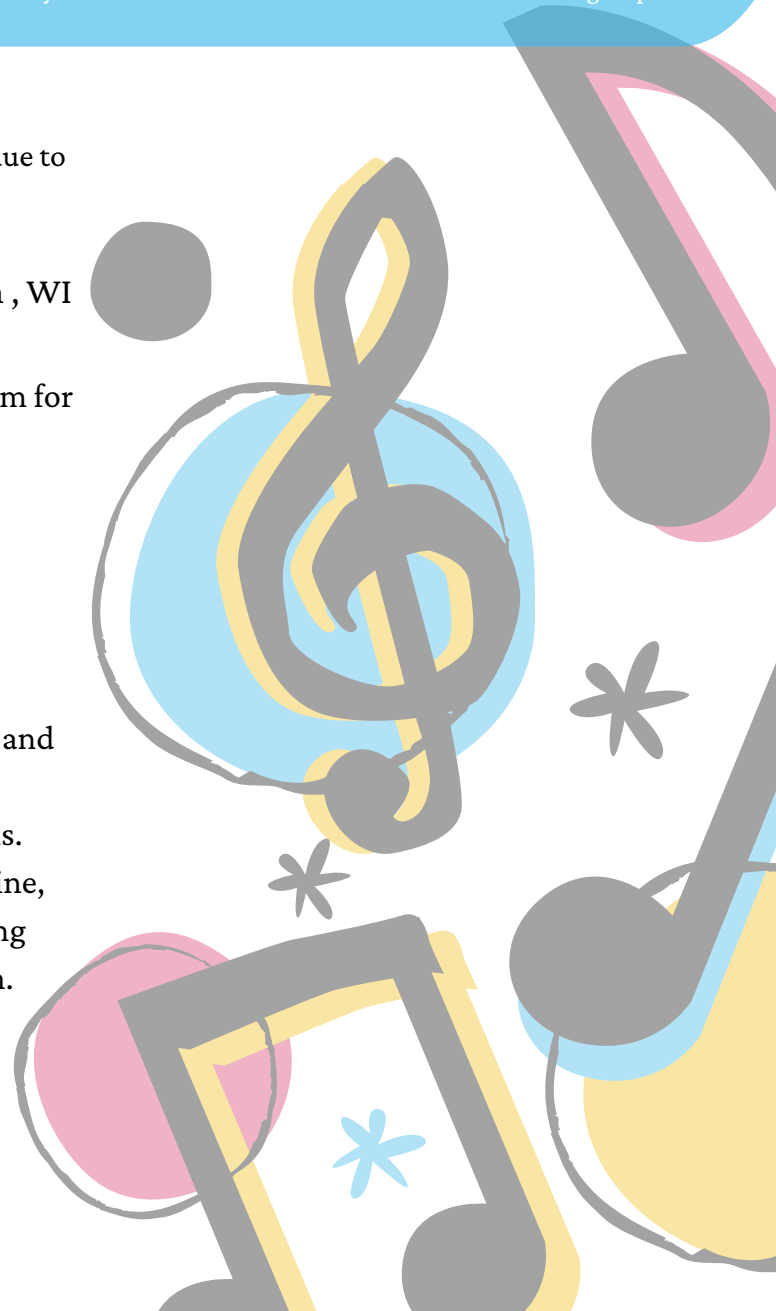
**Registration Information:**

- **Registration Deadline: Friday, September 6**
- No late registrations will be accepted.
- New clients require an initial appointment prior to the group setting.
- All clients are required to complete a registration form and yearly policy/consent forms.
- Group requires a minimum of 4 confirmed registrations.
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

**Please contact Expressive Therapies for more information.**

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



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# CRESCENDO

CREATING RELATIONSHIPS, ENSEMBLE, SOCIAL CONNECTIONS,  
EMBRACING NEW SKILLS, DEFEATING OLD UNHEALTHY PATTERNS

## JOIN US FOR FALL CRESCENDO

A BAND TO BUILD CONNECTIONS, PRACTICE SOCIAL SKILLS,  
PLAY AN INSTRUMENT AND CREATE MUSIC TOGETHER

**New Night! Thursdays, Starting September 5**

**No Band Thursday, November 28**

**LOCATION CHANGE: EXPRESSIVE THERAPIES 2ND LOCATION,  
250 N METRO DRIVE, SUITE B, APPLETON, WI**

### Band Times:

**4:15 - 5:05 pm**

**5:15 - 6:05 pm**

\*Band time will be recommended by therapist

## **FALL 2024 THEME "DECADES"**

**TO SHOWCASE OUR STRENGTHS THERE WILL BE A PERFORMANCE  
WEDNESDAY, DECEMBER 4, 6PM AT WILDER'S BISTRO**

PLEASE NOTE THE FINAL PERFORMANCE IS A ON A DIFFERENT NIGHT THAN PRACTICES;  
WE ASK YOU TO INFORM YOUR BAND LEADER IF YOU CANNOT MAKE THE FINAL PERFORMANCE.

### Registration Information:

**Registration Deadline, Wednesday, August 28**

- **A registration packet must be completed with song choices.**
- **No late registrations will be accepted.**
- **Minimum of 4 band members/Maximum of 9 band members.**
- **Group participants will receive an email from scheduling confirming group within 2 business days of the registration deadline.**

Please contact Expressive Therapies for more information.

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# Drawing Together

"Drawing Together" is a 10-week closed art therapy group intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression.

The weekly sessions include 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.

There is no need to have any prior experience or artistic skill level to benefit from the powers of the creative arts. Art supplies will be provided; however, participants are welcome to bring personal art supplies as well.



## **Group Dates: Fridays, September 20 - November 22**

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

## **Group Time: 10:15 am - 11:30 am**

## **Group Location: 250 N Metro Drive, Suite B, Appleton, WI**

## **Registration Information:**

- Registration Deadline: Friday, September 6
- No late registrations will be accepted.
- New clients require an initial appointment prior to the group setting.
- All clients are required to complete a registration form and yearly policy/consent forms..
- Group requires a minimum of 4 confirmed registrations.
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

For more information please contact Expressive Therapies  
by phone at 920.903.1009

or Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)



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# Go with the Flow

## A Mindfulness Creative Arts Group for Teens

Mindfulness through music, movement, and art making are all ways we can connect with our creative flow.

This group will incorporate a wide range of expressive and reflective modalities to increase ability to find a life of wellness. In this group individuals will focus on mind/body connection, creative self-expression, regulation, and stress management.

No experience necessary.

### **Group Dates: Wednesdays, September 18 - November 20**

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

### **Group Time: 4:30 pm to 5:20 pm**

### **Group Location: 250 N Metro Drive, Suite B, Appleton, WI**

### **Parent Check In: Therapist will connect with families periodically throughout the 10 group sessions.**

### **Registration Information:**

- Registration Deadline: Friday, September 6
- No late registrations will be accepted.
- New clients require an initial appointment prior to the group setting.
- All clients are required to complete a registration form and yearly policy/consent forms.
- Group requires a minimum of 4 confirmed registrations.
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

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# MOVING TO THE ARTS

This 10-week creative art therapy-based group provides youth ages 9-13 the opportunity to explore and regulate their emotions, improve executive functioning skills, and practice/enhance healthy social skills all through creative engagement and expression.

The group will incorporate creative arts and movement-based interventions that focus on working together, improving socialization and communication skills, and executive function skills.

There is no need to have any experience to benefit from the powers and motivation of creative arts! Creative arts materials will be supplied

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**Group Dates:** Thursdays, September 26 - December 5

- **No Group:** Thursday, November 28
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

**Group Time:** 4:00 pm to 4:50 pm

**Group Location:** 245 N Metro Drive, Appleton, WI

**Parent Check In:** Group members will be brought out to lobby at end of group, please meet them at the door. If you would like any updates about group, please contact a group leader.

**Registration Information:**

- *Registration Deadline: Friday, September 6*
  - *No late registrations will be accepted.*
  - *New clients require an initial appointment prior to the group setting.*
  - *All clients are required to complete a registration form and yearly policy/consent forms.*
  - *Group requires a minimum of 4 confirmed registrations.*
  - *Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.*
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# RESOLVE

Resolve is a creative arts group for 13–15-year-olds.

Group members will engage music listening, active music making, art making, and therapeutic conversation and processing opportunities to address the following goal areas: emotional insight and depth of understanding and awareness, self-esteem and self-confidence, and distress tolerance and coping strategies.

No previous art/music experiences are necessary to participate. All supplies will be provided.

Resolve is a continuation of REVERB



**Group Dates: Mondays, September 16 – December 2**

- No Group Monday, October 14 or Monday, October 21
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

**Group Time: 5:00 pm – 5:50 pm**

**Group Location: 245 N Metro Drive, Appleton, WI**

**Parent Check In: Therapist will email group updates periodically throughout the 10 sessions.**

**Registration Information:**

- **Registration Deadline: Friday, September 6**
- No late registrations will be accepted.
- New clients require an initial appointment prior to the group setting.
- All clients are required to complete a registration form and yearly policy/consent forms.
- Group requires a minimum of 4 confirmed registrations.
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.



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Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)

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# REVERB

**REVERB is a group for 10–12-year-olds. Group members will engage in music listening, art making, instrument play, and therapeutic discussion to address executive functioning, interpersonal skills, and emotional insight.**

**No art/music skills are necessary to participate.  
Creative arts supplies will be provided.  
REVERB is a continuation of RISE UP.**

**Group Dates: Mondays, September 16 - November 18**

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

**Group Time: 4:00 pm - 4:50 pm**

**Group Location: 245 N Metro Drive, Appleton, WI**

**Parent Check In: Therapist will email group updates periodically throughout the 10 sessions.**

## **Registration Information:**

- **Registration Deadline: Friday, September 6**
- **No late registrations will be accepted.**
- **New clients require an initial appointment prior to the group setting.**
- **All clients are required to complete a registration form and yearly policy/consent forms.**
- **Group requires a minimum of 4 confirmed registrations.**
- **Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.**



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# RHYTHMIC REHAB

Group setting incorporating Neurologic Music Therapy and Physical Therapy for individuals with neurological changes needing motor rehabilitation and appropriate exercise for youth with differing abilities and their caregivers.

## How does NMT work with Physical Therapy (PT)?

NMT utilizes musical instruments and specifically designed patterns and configurations for playing them to help facilitate the (re)training of functional movement skills. NMT and PT work together to create these designs and configurations to best meet the needs of each individual and their motor rehabilitation. NMT "is also useful for helping one overcome unhealthy compensation strategies while increasing strength, endurance and motor control" (Mertel, Chapter 10 NMT Handbook).

## Possible Benefits:

- Increase range of motion and decrease stiffness
- Limb coordination
- Finger dexterity and grasp
- Flexion/extension
- Adduction/abduction
- Rotation
- Supination/pronation in upper extremities
- Improve strength, balance, and coordination
- Improve circulation
- Improve gait speed

## Group Dates: Wednesdays, September 18 - November 20

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

## Group Time: 4:30-5:15 pm

- A caregiver is required to be with client in group.

## Group Location: 250 N Metro Drive, Suite B, Appleton, WI

## Registration Information:

- **Registration Deadline: Friday, September 6**
- *No late registrations will be accepted.*
- *New clients require an initial appointment prior to the group setting.*
- *All clients are required to complete a registration form and Expressive Therapies yearly policy/consent forms.*
- *Group requires a minimum of 6 confirmed registrations.*
- *Within 2 business days of the group registration deadline, group participants will receive an email from [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net) confirming group or alerting them if group will not run.*



For more information please contact  
Expressive Therapies by phone at 920.903.1009  
or Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)  
or contact  
Christina at CK Therapy at 920.915.6655



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# RISE

## Regulate Interact Socialize Express

R.I.S.E. is a 10-week creative arts therapy group for kids ages 6-8



**R.I.S.E. members will participate in art making, movement, storytelling, and much more to address the following skill areas:**

- **Socialization skills including turn taking, active listening, reciprocal communication, and collaboration.**
- **Emotional expression and coping/regulation skills**
- **Executive functioning skills including problem solving, impulse control, attention, flexibility, and organization.**

**There is no need to have any experience or special talent to benefit from the power and motivation of art! Art supplies will be provided.**

**Class day and time will be based on recommendation of therapist.**

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**Group Dates: Mondays, September 16 - November 18**

- **Group end date subject to change in event of rescheduling due to unforeseen circumstances.**

**Group Time: 4:30 pm - 5:20 pm**

**Parent Check In: Therapist will email group updates periodically throughout the 10 sessions.**

**Group Location: 250 N Metro Drive, Suite B., Appleton, WI**

**Registration Information:**

- **Registration Deadline: Friday, September 6**
- No late registrations will be accepted.
- New clients require an initial appointment prior to the group setting.
- All clients are required to complete a registration form and yearly policy/consent forms.
- Group requires a minimum of 4 confirmed registrations.
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.



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# RISE UP

**R.I.S.E. UP is a 10-week creative arts therapy group for kids ages 8-10.**

## Group Dates:

**Tuesdays, September 17 - November 19**

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

**Group Time: 4:30 pm - 5:20 pm**

**Group Location: 250 N Metro Drive, Suite B  
Appleton, WI**

**Parent Check In: Therapist will email group updates periodically throughout the 10 sessions.**

## Registration Information:

- **Registration Deadline: Friday, September 6**
- No late registrations will be accepted.
- New clients require an initial appointment prior to the group setting.
- All clients are required to complete a registration form and yearly policy/consent forms.
- Group requires a minimum of 4 confirmed registrations.
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.

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This group is a continuation of RISE (Regulate Interact Socialize Express). Participation in RISE is not required prior to joining RISE Up. Class day and time will be based on recommendation of therapist.

Group members will participate in instrument playing, movement, art making, storytelling, and more to address the following skill areas.

- Interpersonal communication (communicating and understanding personal boundaries), teamwork, and compromise.
- Emotional expression and coping/ regulation skills
- Executive functioning skills including adaptability, problem-solving, impulse control, organization, attention.

There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of music and art! Art & Music supplies will be provided.



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# True Colors

This group focuses on strengthening social skills through engagement in music interventions!

Music is a powerful tool for developing social skills, whether group members engage through speaking, gesturing or signing, using a talker or picture communication, or a different method for communication.

Group members will be supported in their style of communication and will learn and practice functional strategies for improving communication skills and enhancing abilities to socialize and interact meaningfully with others.



Through small group music psychotherapy interventions – group participants will gain experiences with:

- Expressive language
- Turn-taking and reciprocal communication
- Leadership
- Social awareness
- Self-esteem and self-confidence
- Attention and organization
- Self-regulation

## **Group Dates: Tuesdays, September 17 - November 19**

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

## **Group Time: 4:30 pm - 5:20 pm**

## **Group Location: 250 N Metro Drive, Suite B, Appleton, WI**

## **Parent Check In: Parents/Guardians are expected to be in group at 5:15 pm for an update of the group session.**

## **Registration Information:**

- **Registration Deadline: Friday, September 6**
- **No late registrations will be accepted.**
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# You & Me

Strengthening Social Skills through music therapy!!  
This 10 session group focuses on practical strategies to improve social, communication, and developmental skills.

Through active music making and movement, participants will have opportunities to practice basic social skills such as turn-taking, sharing, and communication. In addition, developmental skills such as fine and gross motor, speech, and attention span will be addressed.

Through small group music psychotherapy interventions – group participants will gain experiences with:

- Social use of communication
- Improving attention and organization
- Improving emotional regulation
- Improving interpersonal/social skills
- Improving self-esteem
- Improving developmental skills

**Group Dates: Tuesdays, September 17 - November 19**

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

**Group Time: 4:30 - 5:07 pm**

**Group Location: 245 N Metro Drive, Appleton, WI**

**Parent Check In: Parents/Guardians are expected to be in group at 5:07 pm for an update of the group session.**

**Registration Information:**

- ***Registration Deadline: Friday, September 6***
- ***No late registrations will be accepted.***
- ***New Clients require an initial appointment prior to the group setting.***
- ***All Clients are required to complete a registration form and yearly policy/consent forms.***
- ***Group requires a minimum of 4 confirmed registrations.***
- ***Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.***



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