

Spring and Summer 2022 Groups

MONDAY

Social Skills I
Music Group
for youth
4 pm

CODA
Creative Arts
Group for
Teens/Tweens
4pm

REVERB
Tween Music
Group
4: 15 pm

TUESDAY

Let's Move It
Starts June 7
Music &
Movement for
Preteens/teens
1: 30 pm

**Music &
Mindfulness**
Starts June 7
**New VIRTUAL
ONLY Group**
Teen/Young Adult
3: 15 pm

WAM
Storytelling, Art,
& Music
4: 30 pm

FLOW
Creative Arts &
Mindfulness
for Teens
5pm

T & T
Youth
Music/Art Group
Self-Regulation
5: 30 pm

WEDNESDAY

BEAT
Music/Art Group
Ages 9-13
4 pm

Tuning In
Music/Art Group
Teen/Young Adult
5 pm

THURSDAY

**Rhythms and
Regulation**
Starts June 9
Music & regulation
group for youth
11 am



FRIDAY

**Groovin' in the
Music**
Music Group
for Caregivers
& Child (18 Months
to 4 yrs. Old)
9: 30 am

Just for Today
Open Art Studio
for adults
10: 15 am -11: 30am

SATURDAY

**Socializing
through Music**
Music Group
Teen/Young Adult
10: 30 am

Spring and Summer Group Information:

*Spring Groups start Monday, May 9 **Registration Deadline: Wednesday April 27***
*Summer Groups start Tuesday, June 7 **Registration Deadline: Wednesday, May 25***

NO LATE REGISTRATIONS WILL BE ACCEPTED

No Group the week of July 4

See Individual Group Flyers for Full Details

For additional information:

Call the office at 920.903.1009 or Email scheduling@expressivetherapies.net



BEAT

Marching to Your Own Rhythm

A 10-week music and art therapy group for ages 9-13



Group Time and Details:

- **Wednesdays 4 pm**
- Groups run from 4-4:50
- Parents/Guardians are expected to join group at 4:45pm for an update of the group session.

Group Dates:

- **Wednesdays, May 11 thru July 20**
- No Group Wednesday, July 6

Registration Information:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.

Benefits of music and art therapy in a group setting include:

- Improved cognition and sensorimotor function.
- Improved focus, impulse control, and organization skills.
- Enhanced self-esteem, self-awareness, and self-regulation skills.
- Greater emotional insight and resilience.
- Amplified social awareness and improved social skills.

This 10-week music and 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 music, art and play based interventions that focus on working together, improving socialization and communication skills, emotion insight and regulation, and executive function skills.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art! Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.

Please contact Expressive Therapies for more information.

Phone: 920.903.1009 Email: scheduling@expressivetherapies.net

Group will be held at:
Expressive Therapies, LLC
245 and 250 N Metro Drive
Appleton, WI 54913



Up to date information regarding group and office closures will be posted on the Expressive Therapies LLC Facebook and Instagram page.

For more information about other services and events Expressive Therapies offers:

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)



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.

Group Day and Time Details:

- **Mondays 4pm**
- Groups run from 4-4:50
- Parents/Guardians are expected to join group at 4:45 for an update of the group session

Group Dates:

- **Mondays, May 9 thru August 1**
- **NO GROUP:**
 - Monday, May 30
 - Monday, June 20
 - Monday, July 4

Registration Information:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.

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. 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.



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F.L.O.W.

Finding a Life of Wellness Mindfulness and Art Group for Teens



Group Day and Time Details:

- **Tuesdays 5pm**
- Groups run from 5-5:50
- Therapist will connect with families periodically throughout the 10 weeks.

Group Dates:

- **Tuesdays, May 10 thru July 19**
- No Group Tuesday, July 5

Registration Information:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.

Potential Benefits of Group

- * lowered symptoms of depression and anxiety
- * increased self-expression
- * improved self-awareness
- * improved emotion insight
- * increased understanding of mind/body connection
- * improved self-confidence
- * improved regulation skills
- * improved abilities for stress management

Mindfulness and art making are 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 socializing, mind/body connection, creative self-expression, regulation, self-confidence, self-awareness, and stress management.

No experience necessary, art supplies will be provided. Participants are welcome to bring personal art supplies as well.

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Groovin' in the Music

For caregivers & children; ages 18 months - 4 ½ years

Group Time Details:

- Fridays 9:30 – 10:15 am

Group Dates:

- Fridays, May 13 thru July 22
- No Group Friday, July 8

Registration Details:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.



Stimulate growth, make connections, bond!

Research shows that music impacts all areas of our brains and by utilizing music in an intentional way, we can stimulate and ignite our child's brain in the following areas:

Intellectual Social Emotional Motor Language Literacy Memory skills

**By incorporating music and movement –
we stimulate the connection of body/mind working together, allow for self-expression
while building and strengthening bonds between child & caregiver!**

Join us in this fun learning environment!

Utilize music and movement to ignite all areas of child's development!



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Just for Today

Open Art Studio

Group Time Details:

- Fridays 10:15-11:30 am

Group Dates:

- Fridays, May 13 thru July 22
- No Group Friday, July 8

Registration Details:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
- **Current Clients New to this Group:** Require completed registration form NO LATER than Wednesday, April 27
- This group requires a minimum of 4 participants.



“Just for Today” is a 10-week open art studio intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression.

The weekly sessions of creative expression encourage participants to reflect on the present moment. 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.

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Let's Move It!

10-week music and movement group for preteens/teens!

Group Time Details:

- **Tuesdays 1:30pm**
- Groups run from 1:00 pm to 2:20 pm
- Parents/Guardians are expected to join group at 2:15pm for an update of the group session.

Group Dates:

- **Tuesdays, June 7 thru August 16**
- No Group Tuesday, July 5

Registration Details:

- **Registration Deadline: Wednesday, May 25**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, MAY 21**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.



The skills that will be focused on include:

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

This 10-week Music and Movement group will allow members to have fun, be creative, and explore dance/movement while learning self-regulation skills, building self-confidence and self-esteem, and developing/refining their interpersonal relationship skills. Members will also gain insight into their emotions and expressing these emotions while sharing and being creative in a group environment impacting their overall sense of self.

Music and Movement integrates physical, cognitive, social, and emotional learning domains. There is no need to have any experience or special talent on an instrument/in dance to benefit from the power & motivation of music and movement.

Other benefits of music and movement include:

- Developing small motor skills
- Developing large motor skills
- Learning to express emotions
- Improving balance and coordination
- Improving memory and cognitive development
- Improving Self-confidence

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Midweek Mindfulness Group

A 10-week Art Therapy group for women of any age, 18-99,
focused on Mindfulness, Relaxation, and Reflection Skills.



Thursdays, 9:30am to 10:45am

April 7 thru June 16

***no group Thursday, May 5**

Art therapy can be used to connect the mind and body and creating a response of relaxation to stress and trauma.

Artwork (both images and engagement with the creative process) acts as a bridge, connecting the mind with the body. Through this connection, transformation can occur, creating a path towards growth and healing.

Each week, participants will have an opportunity to engage in a Mindfulness or Guided Imagery experiential, and then have time to artistically reflect on their emotional, mental, and physical wellbeing. Our goal is for each participant to improve mindfulness Skills, and connect mind, body, and breath, over the course of the 10-week group!

- 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.
- This group requires a minimum of 5 participants.
- Insurance accepted for this group.
- Please contact Expressive Therapies at phone number or email address listed below to discuss your insurance provider and what out-of-pocket costs may be for your individual situation!
- **Registration for returning and new clients are due by Friday, April 1**
 - New members: Require an initial evaluation prior to joining group and must complete a registration form.
 - Returning members: Complete and submit a registration form to confirm group participation.

What can be experienced with a regular Mindfulness practice?

- ✓ **Decreased Levels of Stress**
- ✓ **Feeling More Present in Daily Tasks**
- ✓ **Increased Emotional Regulation and Self-Control**
- ✓ **Improved Social and Relational Skills**
- ✓ **Improved Concentration**
- ✓ **Enhanced Mental Health and Functioning**
- ✓ **Greater Sense of Well-Being and Self-Worth**
- ✓ **Create an Open-Mind and Gratitude**



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Music & Mindfulness

A VIRTUAL ONLY 10-week group
for teens and young adults

Group Time and Details:

- **Tuesdays 3:15pm**
- Groups run from 3:15 pm-4:05pm
- Therapist will connect with families periodically throughout the 10-week group session.
- Group meets virtually, no in office option available.

Group Dates:

- **Tuesdays June 7 thru August 16**
- No Group: Tuesday, July 5

Registration Information:

- **Registration Deadline: Wednesday, May 25**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, MAY 21**
- **All Group members:** Completed registration form required
- This group requires a minimum of 4 participants.



Potential Benefits of Group

- * Lowered symptoms of depression and anxiety
- * Increased self-expression
- * Improved self-awareness
- * Improved emotion insight
- * Increased understanding of mind/body connection
- * Improved self-confidence
- * Improved regulation skills
- * Improved abilities for stress management

Through music and mindfulness 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 socializing, mind/body connection, creative self-expression, regulation, self-confidence, self-awareness, and stress management.

Please contact Expressive Therapies for more information.
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REVERB

A 10-week music therapy group for tweens



Group Time and Details:

- **Mondays 4:15 pm**
- Groups run from 4:15-5:05pm
- Therapist will connect with families periodically throughout the 10-week group session.

Group Dates:

- **Mondays, May 9 thru August 1**
- **NO GROUP:**
 - Monday, May 30
 - Monday, June 20
 - Monday, July 4

Registration Information:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:**
 - Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.

Through small group music and art interventions members will gain experience in:

- Emotional expression & emotional processing
- Gaining empathy and perspective
- Improving attention and organization
- Improving interpersonal skills
- Improving self-esteem
- Gaining insight into their emotions and healthy expression
- Improving emotional regulation/self-regulation skills
- Improving mindfulness and relaxation skills
- Improving leadership skills

A tween group to learn to use creative arts in grounding & centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy and communication skills!

The group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing, art interventions and working together improving socializing, problem solving and teamwork!

The creative arts are a powerful tool! One does not need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art! Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.



Please contact Expressive Therapies for more information.

Phone 920.903.1009

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Rhythms and Regulation

Group Time Details:

- **Thursdays 11am**
- Group run from 11 am to 11:37 am
- Parents/Guardians are expected to join group at 11:37 am for an update of the group session.

Group Dates:

- **Thursdays, June 9 thru August 18**
- No Group Thursday, July 7

Registration Details:

- **Registration Deadline: Wednesday, May 25**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
- **Current Clients New to this Group:** Require completed registration form **NO LATER** than Saturday, May 21
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.



Join us in this 10-week music therapy group to learn the basics of regulation by utilizing song, rhythm, and instruments.

By participating in this group, individuals will gain insight into external and internal emotions and will learn healthy ways to regulate their own bodies. Individuals will begin to learn about alerting, grounding and calming songs, tools, and body movements at a foundational level.

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SOCIALIZING THROUGH MUSIC: A SOCIAL GROUP FOR TEENS & YOUNG ADULTS

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

Group Time and Details:

- **Saturdays 10:30 am**
- Groups run from 10:30 am -11:20 am
- Parents/Guardians are expected to join group at 11:15 am for an update of the group session.

Group Dates:

- **Saturdays, May 14 thru August 6**
- **No Group:**
 - Saturday, May 28
 - Saturday, June 18
 - Saturday, July 2



Registration Information:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.

The skills that will be focused on include:

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

Music is a powerful tool!

There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of music.

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.

Progress is measured using an engagement scale and a prompting scale that objectively explain where individual's socializing levels 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.

Please contact Expressive Therapies for more information.
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Strengthening Social Skills through group Music Psychotherapy!!

FOCUSING ON PRACTICAL STRATEGIES TO IMPROVE
SOCIAL & COMMUNICATION SKILLS

Group Day and Time Details:

- **Mondays 4 pm**
- Groups run from 4-4:37 pm
- Parents/Guardians are expected to be in group at 4:37pm for an update of the group session.

Registration Information:

- Small group setting with participants of similar ages and strengths.
- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.

Music is a powerful tool!

One does not need to have any experience or special talent on an instrument to benefit from the power & motivation of music!

These groups will incorporate listening to music, expanding knowledge of music and instruments, creative movement, song writing and working together with socializing, problem solving and teamwork!

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

- Social use of language
- Initiating and maintaining conversations
- Gaining empathy and perspective
- Improving attention and organization
- Improving emotional regulation
- Improving interpersonal/social skills
- Improving self-esteem

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Tempo & Tempera

BUILDING SKILLS IN SELF-REGULATION AND LEARNING TO DIFFUSE TRICKY SITUATIONS

10-week group for kids ages 6-10 combining art therapy and music therapy

Group Time and Details:

- **Tuesdays 5:30 pm**
- Groups run from 5:30 – 6:20 pm
- Parents/Guardians are expected to be in group at 6:15 pm for an update of the group session.

Group Dates:

- **Tuesdays, May 10 thru July 19**
- No Group Tuesday, July 5



Registration Information:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.

Benefits and goal areas addressed include:

- Emotional insight and self-regulation.
- socialization and interpersonal skills
- executive functioning skills like:
 - adaptability and impulse control
 - problem solving skills
 - self-esteem
 - self-expression

The creative arts are a powerful tool!

Tempo and Tempera is a 10-week group for kids ages 6-10 combining art therapy and music therapy. There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art!

The group will incorporate music and art-based interventions that focus on working together, improving socialization and communication skills, emotion insight and regulation, and executive function skills.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art! Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well



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Tuning In Through the Creative Arts



Group Time and Details:

- **Wednesdays 5 pm**
- Groups run from 5 – 5:50 pm
- Therapist will connect with families periodically throughout the 10-week group session.

Group Dates:

- **Wednesdays, May 11 thru July 20**
- No Group Wednesday, July 6

Registration Information:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.



Through small group creative art interventions group members will gain experience in:

- ✓ Being Socially Engaged
- ✓ Initiating and maintaining conversations
- ✓ Gaining empathy and perspective
- ✓ Improving attention and organization
- ✓ Improving interpersonal skills
- ✓ Improving self-esteem
- ✓ Improving leadership skills

A group of late teens and young adults using creative arts to focus on assertive communication, reciprocal communication, empathy, peer support, and socialization skills.

The group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing, different creative art mediums and interventions, and working together with problem solving and teamwork!

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 powers and motivation of music and art! Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.



Please contact Expressive Therapies for more information.
Phone 920.903.1009 Email: scheduling@expressivetherapies.net

Group will be held at:
Expressive Therapies, LLC
245 and 250 N Metro Drive
Appleton, WI 54913

Up to date information regarding group and office closures will be posted on the Expressive Therapies LLC Facebook and Instagram page.

For more information about other services and events Expressive Therapies offers:
Visit our website at www.expressivetherapies.net
Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)



WAM!!

Writing with Art and Music

A 10-week group for kids ages 6-10 combining art therapy, music therapy & creative storytelling.

Group Time Details:

- **Tuesdays 4:30 pm**
- Groups run from 4:30-5:20pm
- Parents/Guardians are expected to join group at 5:15pm for an update of the group session.

Group Dates:

- **Tuesdays, May 10 thru July 19**
- No Group Tuesday, July 5

Registration Information:

- **Registration Deadline: Wednesday, April 27**
- **NO LATE REGISTRATIONS WILL BE ACCEPTED**
- **New Clients:** require an initial appointment prior to the group setting & completed registration form.
 - **INITIAL APPOINTMENT MUST BE COMPLETED BY SATURDAY, APRIL 23**
- **Current Clients New to this Group:** Completed registration form required
- **Returning Group Members:** Email scheduling@expressivetherapies.net to confirm registration.
- This group requires a minimum of 4 participants.
- Group members can attend group in office or virtually through a HIPAA compliant platform.



Benefits and goal areas addressed include improving:

- Emotional insight
- Self-regulation
- Socialization
- Interpersonal skills
- Executive functioning skills including:
 - Adaptability
 - Impulse control
 - Problem solving
 - Self-esteem
 - Self-expression

The creative arts are a very powerful tool!

WAM is a 10-week group for kids ages 6-10 combining art therapy, music therapy & creative storytelling. Group members will learn to utilize creativity and will gain self-confidence, insight into emotions and healthy emotion expression and regulation.

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; however, participants are welcome to bring personal supplies/instruments as well.

Please contact Expressive Therapies for more information.

Phone 920.903.1009 Email: scheduling@expressivetherapies.net

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