



mind works

MAKE ART AND FRIENDS

ART-BASED THERAPY GROUP

Sept 21-Oct 26, 2019

AGES 15-17

9AM-10:30AM

AGES 12-14

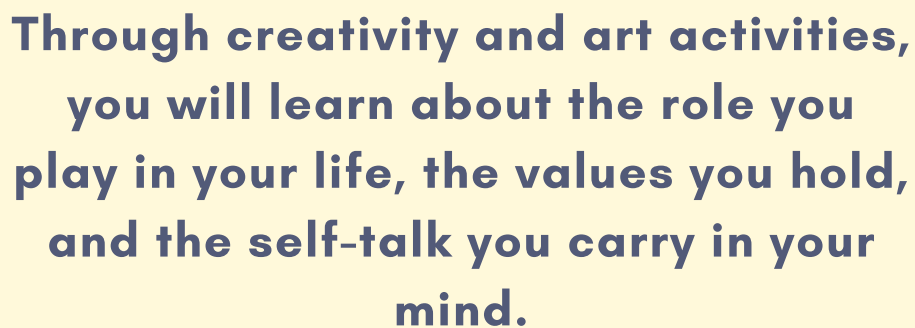
11AM-12:30PM



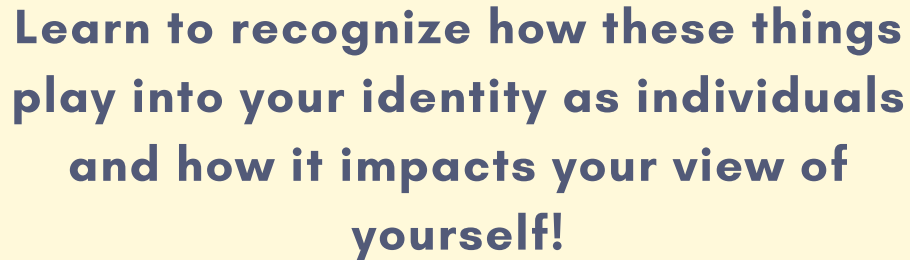
mind  works

ART JOURNALING

EXPLORE YOUR IDENTITY
BUILD YOUR CONFIDENCE
DISCOVER YOUR SOCIAL SKILLS



Through creativity and art activities, you will learn about the role you play in your life, the values you hold, and the self-talk you carry in your mind.



Learn to recognize how these things play into your identity as individuals and how it impacts your view of yourself!

6 weeks for \$210

Enrollment closes September 18

TO SIGN UP

PHONE: (210) 366-3700

EMAIL: INFO@MINDWORKSTX.COM

Visit our website mindworkstx.com

