

SYMPTOM MANAGEMENT USING ART THERAPEUTICALLY GROUP

The Symptom Management Using Art Therapeutically group is for adults who wish to explore creative and artistic ways to cope with mental illness. Modules include: oils, acrylics and drawings; mixed media and clay.

Sessions focus on:

- Learning creative, healthy symptom management skills that incorporate many artistic mediums
- Creative expression
- Emotion regulation and stress management
- Promoting higher levels of wellness, stability and quality of life

Join at any time. This group is **10 sessions** long and each session is **two hours** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance, a sliding scale fee payment plan is available.

*We are currently offering this group for individuals with an SPMI Diagnosis.

Facilitator: Renee Brasuhn, Intern

For more information, call our intake line at 763-780-3036.

10 WEEK
COMMITMENT

STARTS SOON!

CALL NOW TO
SIGN UP
763-780-3036

LOCATION:
BRIDGEVIEW
7920 UNIVERSITY AVE NE,
FRIDLEY, MN 55432

SLIDING FEE
AVAILABLE



Lee Carlson Center™
FOR MENTAL HEALTH & WELL-BEING

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BV, SPMI