

Connections of the HeART

A therapy group that uses the process of creative art-making to help members:

- ✓ **Build support and genuine interpersonal connections**
- ✓ **Process emotional and relational struggles**
- ✓ **Discover and tap into their strengths**

No previous experience
with art or art-making is required.



***The goal is NOT to make “good art,”
but to engage in the creative process as a means of personal growth.***

For more information, or to schedule a pre-group screening appointment, contact
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