

# Strength for the Journey

*Find the Treasures Hidden Within You!*

## Meeting Points:

**Mondays:** 5:00 PM – 6:00 PM

**Starts:** Monday, January 16<sup>th</sup>, 2023

**Length:** 6 weeks (runs through February 20<sup>th</sup>)

**Ages:** Adults 18 and over

**Group Size:** 6



*Life is a universal, yet unique journey. Your positive life path starts with you!*

*In this program, you will explore, in a group setting, where you have been, where you are now, and where you are going, through creative expression.*

*Areas of focus are early childhood, adolescence/young adulthood, present day, and the future!*

**Goal:** A program for adults that will utilize art therapy directives to develop and strengthen one's creativity and examine personal stories through self-expression.

**Objectives:** Self exploration of your life at different points, expressed through a variety of media options (such as water color, collage, oil pastel), with sessions as follows:

1. Introductions and ground rules
2. Gain clarification on personal values and experiences through exploring past life events
3. Reduce feelings of isolation and promote relaxation by building a sense of community through listening and sharing support
4. Participate in an environment of artistic contagion to reduce stress and internal conflict
5. Increase self-awareness and self-expression through learning from the collective experience and feedback of others
6. Reinforce self-confidence through challenging self-doubt, perfectionism, and comparison of self to others
7. Review and closure

**Preregistration Required:** Contact Integrative Psyche at 414-545-4430 or by email: [integrativepsychegroups@gmail.com](mailto:integrativepsychegroups@gmail.com)

**Cost:** \$295 for the 6-week program.

