



Our **TEEN Therapeutic Art Group** meets once a month on Sundays from 2-4pm.

Are you a teen or do you know a teen who suffers from depression or anxiety and who might benefit from some therapeutic art? In these group sessions we provide specific art projects which allow for creative contemplation, story-making and story-telling, and the creation of a personal journey and experience which might bring some insight, calmness and respite.

We look forward to welcoming you/your teen warmly and to providing a peaceful, calming, creative environment. If you'd like to come and check out the studio before the session, or to see if it might be the right fit for you, please don't hesitate to email to contact us. Individual sessions are also available.

What are the benefits of an expressive therapeutic art session for teens? There is less direct focus on one teen; it is non-threatening and a safe space; teens can gain self-control and discover and express some underlying thoughts and feelings. Space is limited to 6-8 teens in order to keep the group deliberately small. No supplies are needed, but if the teen has an art sketchbook he/she/they are welcome to bring it with them.

Please email Sara at artworksnc@gmail.com if you have additional questions or would like to speak on the phone. You are invited you to learn more about Therapeutic Art (and Sara!) at our website: <https://www.artworksnc.com>

Sara Quinn Gant
Artworks Studio
artworksnc.com



228 New Bridge St.
Downtown Jacksonville
artworksnc@gmail.com