



## **PAINTING HOW WE FEEL, TOGETHER Round 2!**

Group Therapy Sessions

**We are offering a fun and creative group for adult women to learn how painting can be used to express emotions and learn about ourselves. This is for both the artistic and non-artistic. No skills required.**

**Women ages 18 and up  
8-12 group members  
6 therapy sessions  
6:30 to 8:00 pm  
Materials will be provided**

**Group will begin 1/09/18 at  
Cruz Clinic, 17177 N. Laurel  
Park Dr. Suite #131, Livonia,  
MI 48152**

My name is Miriam Svidler and I am a psychotherapist at Cruz Clinic. In addition to my masters in social work from University of Michigan, I have a bachelor's degree in fine art from U of M. I have enjoyed a lot of time pouring myself onto canvases and I'm excited to share the process of truly personal art, while we explore emotions and learn about ourselves.

My name is Adrienne Seeley and I am counselor at Cruz Clinic. Since I was very young I have turned to the arts, both visual and musical, as a means of expression especially when words don't quite seem to do the trick. I believe that art allows us to express and experience ourselves in a special and unique way. I look forward to sharing this creative process with you.

### **In class we will...**

- Begin with a guided meditation.
- Paint using inspiration from the meditation, a variety of stencils, and the guidance of the instructors. We will have the opportunity to discuss our creative and painting process.
- Learn how to be mindful of our current emotional and mental state and express it through painting.
- Learn how our emotional and mental state affects us.
- Learn how to release our negative emotions and savor positive emotions.

**To register for this group, please contact Cruz Clinic @ (734) 462-3210 by Monday  
12/18/17**

**Most insurances accepted**