



BEING A PRE-TEEN

Art Therapy Group for Girls ages 11-13

At WVCC, we are offering affordable Art Therapy groups that collectively address challenges facing pre-teen girls today, including:

- ~Impacts of social media
- ~Emotional regulation
- ~Friendships & boundaries
- ~Self-esteem & body image
- ~Self-care & mindfulness

Art gives us a different way to express ourselves, but Art Therapy includes a trained Marriage & Family Therapist and does not require experience in working with art materials. This group will provide a safe space for shared experiences as members explore emotions through art-making.



Fee: \$25 per session

When: Wednesdays, 4:30-6pm (Initial consultation required)

Led by: Cecilia Polkinhorn, AMFT #107568 / AT

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