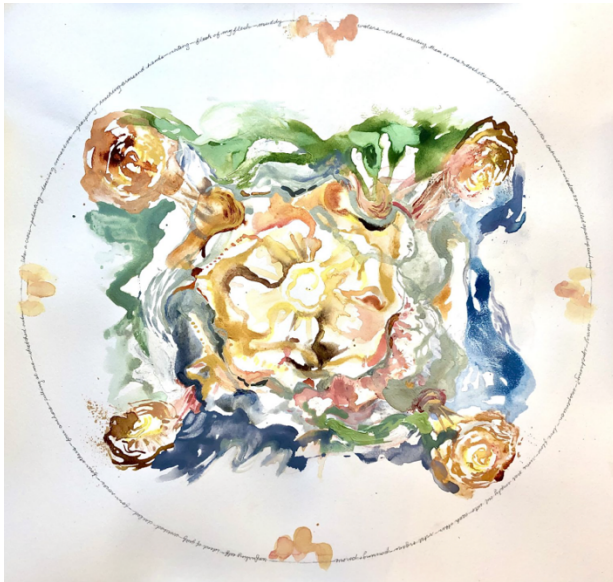


New Art Center Expressive Arts Therapy Group Grades 6 – 8; 9 – 12, Mondays OR Fridays, 5:30 – 6:30pm



The New Art Center now offers an ‘art as therapy’ group for middle school and high school students! We believe that visual arts are an important tool for self-expression, emotional regulation, and well-being. This pilot program is co-facilitated by an art therapist and arts educator for students struggling with disorders, such as anxiety, depression, or adjustment.

- **Focused on adolescents in grades 6-8 and 9-12**
- Provides a safe and responsive space for young teens to create, connect, and share in a variety of art modalities in a confidential and supportive community environment.
- Mindful and ego-building weekly art exercises allow teens to access, express and transform feelings and struggles into meaningful art forms.
- Expressive art materials may include: collage, clay work, mandala work, Zen poetry conversations, mask making, painting to music, and more!
- **Weekly sessions are led by a registered art therapist and an art instructor**
- Tuition is heavily subsidized and calculated on a sliding scale (\$10-\$50 per session).

The New Art Center is a community art education space which offers everyone, at all levels of ability, exceptional opportunities to make, exhibit, view, think about and talk about art. Since 1977, the New Art Center has been building community through art, offering 400+ classes annually, as well as community cultural events, and a long-standing exhibition program. Today New Art serves over 2500 diverse children, teens, and adults, practicing an inclusive, multigenerational approach to spark creativity and increase wellness and joy.

Contact info@newartcenter.org with questions or [go here for the links to apply](#).