

# Creative Arts Therapy Group

**Teaching children to use the creative arts process to give "voice" to that which verbally cannot be expressed...**

No artistic talent necessary! Each group will begin with a warm-up, followed by directives that will promote the processing of self-esteem, trauma, and stress or anxiety.

At the conclusion of each session, children will have the opportunity to share their thoughts about their creative experience!

Children will be encouraged to use problem solving, imagination, and self-expression to build self-awareness and communicate thoughts and feelings in a safe, non-judgmental environment.

Materials will include: collage, air dry clays of various natures, drawing tools, watercolor and acrylic paints, fabrics, plus found and recycled items.

The Creative Arts Therapy Group will run for 7 weeks, facilitated by Licensed Arts Therapist, Cathy Deyak, ATR-BC, LCAT.

**When:** Groups will begin September 12th and run through October 24th. Thursdays 6:15pm – 7:15pm. Groups are limited to 10 children ages 9 – 12 years old. Open enrollment – registration will be ongoing during the 7 weeks!

**Where:** Groups will be held at North Shore Youth Council in the portables on the grounds of the Joseph A. Edgar School in Rocky Point on Rocky Point Landing Road.

**Cost:** \$140.00 per child. Checks only, please make payable to Catherine Deyak.

**For more information or to register, please contact Cathy Deyak at 631-682-3986 or [cfdeyak@optonline.net](mailto:cfdeyak@optonline.net).**

*NSYC is not responsible for loss/damage to personal property and/or injury while on premises or participating in programs.*