

The background features various art supplies: a paint palette with red, yellow, green, blue, white, and black paint; a tube of green paint with its cap off; a tube of red paint; a paintbrush with a green handle; a watercolor brush; a black marker; a paint palette; a paintbrush with a wooden handle; a paintbrush with a blue handle; and musical notes on a staff.

Children's Creative Expression Group

AGES: 8-10

EVERY OTHER FRIDAY

4 PM TO 5 PM

**5716 FAYETTEVILLE RD #202,
DURHAM, NC 27713**



CREATIVE EXPRESSION THERAPEUTIC GROUP

WELCOME TO OUR CREATIVE GROUP! THIS IS A FUN & THERAPEUTIC SPACE FOR KIDS! WHERE YOU CAN EXPLORE AND SHARE YOUR FEELINGS THROUGH ART AND MUSIC—WITHOUT ANYONE JUDGING YOU. HERE, WE'LL USE DRAWING, PAINTING, MUSIC, AND OTHER COOL ACTIVITIES TO HELP YOU UNDERSTAND YOUR EMOTIONS AND EXPRESS YOURSELF!. IT'S ALL ABOUT BEING YOURSELF, CONNECTING WITH OTHERS, AND DISCOVERING NEW WAYS TO HANDLE LIFE'S UPS AND DOWNS. WHETHER YOU'RE FEELING HAPPY, SAD, OR ANYTHING IN BETWEEN, THIS GROUP IS HERE TO HELP YOU EXPRESS YOUR THOUGHTS AND GROW IN A POSITIVE WAY!

EXPRESS YOURSELF

PLEASE REACH OUT TO US AT:

919-748-4610

EMAIL@ESSENTIALCTS.COM