



Alexian Brothers Behavioral Health Hospital

Adult Art Therapy Group

Alexian Brothers Behavioral Health Hospital is now offering a five week therapy program for adults age 18 and older who are interested in using art as a vehicle for *self-discovery, growth, and healing.*

This program is intended for individuals who have been exposed to the therapeutic process and are interested in exploring alternative approaches using art of their own creation.



Group Objectives

- Creative method of self-expression
- Creative method of self-discovery
- Emotional and spiritual growth through accessing one's creative source
- Emotional and spiritual healing through self-expression and self-discovery

Participant Requirements

- Open to men and women age 18 and older
- No prior art experience necessary
- Interest in using one's creativity to live a richer, fuller life
- *Please note: This is not a group for individuals wishing to learn drawing skills or use arts and crafts as a hobby*

Wednesdays 5:30 – 7:00 PM

Cost: \$40 per session

-Please note: Payment for the first three groups (\$120) is due at first session-

New group starting in November 2009!

For more information, please contact Rita Guertin at rita.guertin@abbhh.net.

ACCESS & REFERRALS: We are committed to prompt attention. Please call us at 800-432-5005.



ALEXIAN
BROTHERS
HOSPITAL NETWORK

A Healthy Community Begins with Alexian Brothers.

www.abbhh.org

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