

COUNSELING AND SOCIAL  
ADVOCACY CENTER @ UMSL

In-Person Art and Emotions Group  
for Adolescents

THURSDAYS FROM 5:30-6:30  
MARCH 10- MAY 5 (NO MEETING 4/1)  
\$10 PER GROUP MEETING OR SLIDING SCALE

AN EIGHT WEEK GROUP FOR ADOLESCENTS AGES 13-17.

ART & EMOTIONS IS A GROUP THAT USES DBT STRATEGIES OF MINDFULNESS, EMOTION REGULATION, AND DISTRESS TOLERANCE TO EXPLORE EMOTIONS THROUGH THE MEDIUM OF ART. ARTISTIC ABILITIES ARE NOT REQUIRED.

GROUP MEETINGS WILL TAKE PLACE IN PERSON AND WILL BE RECORDED FOR TRAINING PURPOSES.

Register online at:

<https://forms.office.com/r/ZiDitLT4zi>

