



FACILITATED BY:  
MONIKA URBANSKA, ATR, LMHC



# GIRLS

# ART THERAPY GROUP

AGES 12+  
\$60 PER  
SESSION

This group aims to guide girls through the challenges adolescence brings them from social skills, relationships, body image, to identity. We will explore topics such as celebrating individuality, diversity, getting along with others, developing goals, understanding conflict styles, building esteem, and taking time to relax while using various artistic mediums.

**NO ART EXPERIENCE IS NECESSARY.  
JUST AN OPEN, CREATIVE MIND AND SPIRIT!**

Jan. 13 & 27  
Feb. 3 & 24  
March 2, 9, 23, & 30  
April 6, 20, 27  
May 4, 11, & 18

**5:30PM - 7PM**

**REGISTRATION REQUIRED**

**\*NO SESSIONS ON "NO SCHOOL"  
DAYS FOR LEE COUNTY**



5272 SUMMERLIN COMMONS WAY #602,  
FORT MYERS, FL 33907

REGISTER @ [HTTPS://FLORIDAARTTHERAPYSERVICES.COM/GROUP-COUNSELING-THERAPY/](https://FLORIDAARTTHERAPYSERVICES.COM/GROUP-COUNSELING-THERAPY/)  
OR CALL 239.297.7099 FOR MORE INFORMATION