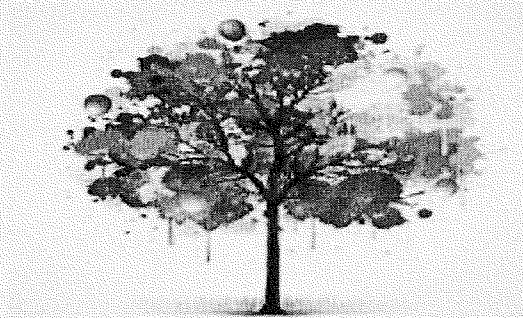
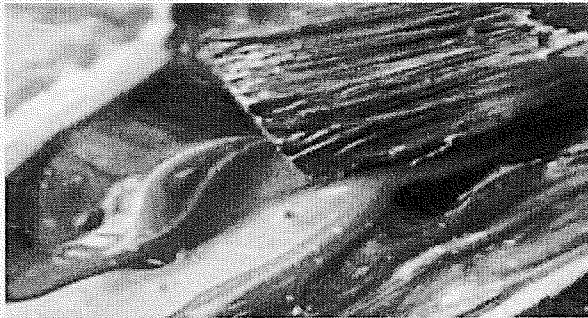
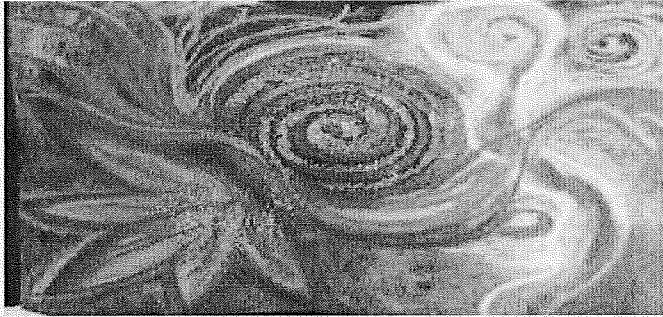
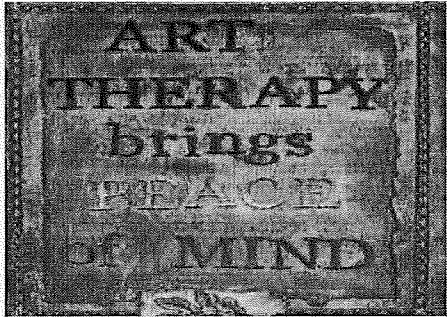


A Safe Place

*Art therapy group for PTSD, trauma, and survivors of
Domestic Violence*

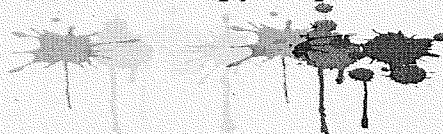


The aim of this group is to provide a creative outlet for processing difficult emotions and beginning to heal from the effects of trauma.

This group is not about being an artist and all are welcome from the non-artist to experienced.

Why Art Therapy??

- ❖ Sometimes there are no words.
- ❖ Calms the nervous system.
- ❖ Research shows that coloring helps to reduce anxiety and depression.
- ❖ Soothes regions of the brain affected by trauma.
- ❖ Utilizes, and therefore strengthens, the right hemisphere of the brain which is responsible for affect regulation, attachment, and emotion regulation. Those who have experienced trauma have had impact on the right hemisphere and art therapy helps to bridge this gap.



**If you are interested participating any of our workshops or for more information on dates and times, please contact us at (510) 986-8600. Ext 317
Space Limited**