



CREATIVE CONNECTIONS

A FUN, THERAPEUTIC ARTS GROUP
FOR MIDDLE SCHOOL GIRLS

institute for *girls'* development®

Six Monday evenings
Oct. 1 - Nov. 5 from 5:15pm to 6:45pm

\$675 - Ask about insurance forms
when you call.

Looking for an experience designed to help your daughter improve her relationships, resilience, confidence and happiness - in a group setting that's fun, creative and inspiring? This is it!

Each session combines unique art projects, dynamic discussion, a mindfulness activity, and interactive skill-building to empower and engage the girls.



Tina Koeppel, MS, PCCI

"I find that the addition of creative therapies benefits clients of all ages, helping them express their inner selves when it's hard to find the words.

I'm honored to witness my clients' truths and to see them learn and grow through the therapeutic process." (PCCI4426)
Supervised by Monica Valdivia-Aguilar, MA, LMFT (41352)

How does art help in therapy?

Research and experience demonstrate the use of creative expression in therapy offers a variety of benefits - particularly with teens, who may find it challenging to speak directly about areas of concern.

Expressive arts therapy can spark the imagination and facilitate productive communication. Plus, it's fun - particularly in a supportive group environment designed to build camaraderie.



Sushi Frausto, MA, LMFT

"My training combines expressive arts with other therapeutic approaches, and it includes the use of art materials and all forms of creative expression to help clients engage and process at the deepest level. My goal is to offer tools for self-exploration and growth." (LMFT 101031)

To learn more, contact Maryanne Mueller at MMueller@IFGD.care or 626.585.8075 ext 108.