



Center for Creative Growth and Healing

Individual, Family & Couples
Art Therapy & Counseling

Services provided by:

Laura Aube', MS, ATR-BC, LPC

Board Certified Art Therapist

Licensed Professional Counselor

Feel Safe and Supported

Art Therapy feels natural and safe to children and is an effective way for them to work on emotional and behavioural difficulties.

Gain New Insights

Adults find art therapy leads to powerful new insights and are relieved to learn that no previous art experience is needed to benefit.

Have Fun and Relax

Many clients of all ages find Art Therapy to be a fun and relaxing way to explore and cope with their problems. I have found art therapy to be helpful for people dealing with traumatic experiences, life transitions, significant losses, self-destructive patterns, and relational challenges.

Groups and Workshops

Art and Friendship Club: This group will give youth who have felt bullied or isolated the opportunity to draw upon the power of art making and friendship to develop an inner sense of confidence and self-appreciation. Youth ages 11-14 will have the opportunity to explore strategies to take care of themselves even when life gets challenging or others are unkind. Offered **two Saturdays** a month from 10:00 a.m. – 11:30 a.m. (specific dates posted on the website); facilitated by Laura Aube, MS, ATR-BC, LPC.

Altered Book Club for Teens: This Friday afternoon group for teens is a way to set the weekend in positive motion by creating art with friends. Teens will be supported in creating a safe place for each other to share struggles as well as express their uniqueness. Offered **Fridays**, 4:30 p.m. – 6:00 p.m. (specific dates posted on the website); Facilitated by Cassie Dennis, MS, Art Therapist

Altered Book Club: This group is an opportunity to go on a powerful healing journey through recycling, journaling, and expressing yourself creatively. The process of making an altered book allows participants to find new ways to express and process feelings and thought that have otherwise been difficult to understand and communicate. Offered **Fridays** 6:30 p.m. – 8:00 p.m. (specific dates posted on the website); facilitated by Cassie Dennis, MS, Art Therapist

Discovering the Life you are designed to Live:

This workshop is for individuals who are in transition, just beginning, or have gotten off track. Creative exercises will be utilized to help participants begin to gain clarity and inspiration, as well as get in touch with their deepest values and hopes for their lives. **Saturday, February 26, 2011**, and again **Saturday, October 15, 2011**; facilitated by Laura Aube, ATR-BC, LPC.

Creating the Life you are designed to Live: If

you are feeling overwhelmed regarding your next step this may be the workshop for you. This practical workshop will give you several tools to focus your intention, address your fears, and open your mind to the possibilities. **Saturday, March 12, 2011** and again **Saturday, November 12, 2011**; facilitated by Laura Aube, ATR-BC, LPC.

Art Wisdom Workshop:

This workshop is for anyone who would like to learn to use art to gain deeper self-awareness and live more mindfully. During this workshop creative possibilities for self-care will open up as you are exposed to the approach of three different art therapists. **Saturday, August 13, 2011**; facilitated by Laura Aube, ATR-BC, LPC & Kayra Maloney, ATR-BC.

A Day of SoulCollage®:

This workshop is about finding inner answers toward nurturing and healing aspects of yourself. Trained SoulCollage® facilitator, **Libby Schmanke**, ATR-BC will guide participants in starting and utilizing their own deck. Offered **Saturday, January 29, 2011**, and again **Saturday, July 30, 2011**

Mother Daughter HeArt Connection Retreat:

This Saturday workshop for mothers and their daughters ages 12 -15 is an opportunity to have fun with creative projects while strengthening their relationship. **Saturday, September 17, 2011**; facilitated by Laura Aube, ATR-BC, LPC.

For more information about services, directions
& upcoming events visit:

www.creativegrowthandhealing.com

To register for groups & workshops or schedule
an appointment call:

(816) 359-1885

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