

TEEN GIRLS

EXpressive Therapy Group



Tuesdays 6:15PM – 7:30PM

This group incorporates writing, drama, dance, movement, painting and/or music. Teens will learn alternative and creative ways to express emotions through creative arts. This group seeks to improve self-esteem by exploring internal struggles, reframing negative thoughts, teaching positive coping skills and developing a healthier sense of self.

Insurance Accepted or Cash Pay

(Sliding Scale Available)

Call 424-570-6955 Ext. 1

For More Information

*Group day and time subject to change



302 West 5th Street, Suite 308 San Pedro, CA 90731

www.eccts.com