



Art Activity Group for Adults

PROGRAM The Des Moines Pastoral Counseling Center is pleased to offer two 6-week art activity groups for adults who seek to explore hope and healing through creativity. Projects may include collage work, mosaics, journal making, mandalas, painting or other activities. Participants will learn healthy coping skills to alleviate life's daily stressors, including depression and anxiety. No previous art skills are needed to participate. We will provide a safe space for discovery and reflection. The group is open to adults in the community. Current clients of the Center are encouraged to discuss with their counselors whether this group might be a good complement to their ongoing treatment.

COST \$150 per person for a six week class. (Includes supplies.) Scholarships may be available for current clients of the Center at the recommendation of their counselors.

FRIDAY GROUP Fridays, February 16 – March 23, 2018 / 3 – 4:30 p.m.
Des Moines Pastoral Counseling Center, 8553 Urbandale Avenue, Urbandale IA

WEDNESDAY GROUP Wednesdays, February 14 – March 21, 2018 / 6 – 7:30 p.m.
Grace United Methodist Church, 3700 Cottage Grove Ave, Des Moines, IA

REGISTRATION To register and for more information, please visit www.dmpcc.org/ART or call 515-274-4006.

FACILITATORS The groups will be facilitated by Melissa Reyerson-Slifer (right) and Danielle Lloyd (left), students in the Center's Graduate Psychotherapy Training program. Danielle is from Mount Mercy University, studying for her M.A. in Marriage and Family Therapy. Melissa is from the University of Iowa, studying for her M.S.W. with a goal to become a licensed independent social worker. For more information about the Center's training program, please visit www.dmpcc.org/training.

