

# Healing with Haiku

Mondays 6:00 - 7:00pm

*Are you someone who struggles to get out their feelings or understand their emotions? Are you looking for a way to heal? Unlock healing through words: A Poetry Group Therapy.*



For individuals ages 13-18, this group offers a unique path to healing. We blend the expressive power of words with the safety and connection of group support to empower individuals in their healing journey.

The approach could resonate deeply with individuals seeking gentle yet powerful ways to process emotions and experiences by exploring the following:

- ❖ Therapeutic Writing
- ❖ Mindfulness
- ❖ Creative Expression
- ❖ Emotional Awareness & Regulation
- ❖ Flexible Thinking

Intake appointment required to determine the specific therapy needs of each client. Individual goals are established for each child with parent input on group topics and personal goals.

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