

Creative Coping

FINDING CREATIVE WAYS TO COPE WITH DIFFICULT FEELINGS.

This 4-week workshop is open to teen girls ages 15-18 who have been involved in Small Talk services (forensic interviews, individual/group counseling.) Activities and discussion will focus on developing interesting and fun ways to cope with common difficult feelings such as depression, anxiety, and anger. Each week we will explore different creative coping mechanisms in order for participants to discover what works best for them. Topics covered include art, writing, and music.

SMALL TALK CHILDREN'S ASSESSMENT CENTER

3400 Pine Tree Rd. Suite 106
Lansing, MI 48911
517-253-0728
www.smalltalkcac.org

Snacks will be provided!

SCHEDULE

Session 1: Wednesday, October 17th 5:30-6:30pm

Session 2: Wednesday, October 24th 5:30-6:30pm

**We will not meet on Wednesday,
October 31st.**

Session 3: Wednesday, November 7th
5:30-6:30pm

Session 4: Wednesday, November 14th
5:30-6:30pm

Any and all skill levels are welcome! Workshop activities do not require any previous experience.

For more information and to register, please contact Sara Helmer, LLMSW at 517-253-0806 or shelmer@smalltalkcac.org.

