

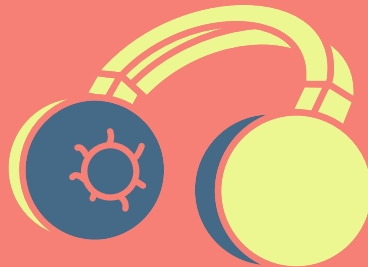


MEANING THROUGH MUSIC GROUP

THIS GROUP USES HEALTHY SELF-EXPRESSION ENCOURAGING CLIENTS TO IDENTIFY AND EXPRESS EMOTIONS THROUGH MUSIC AND LYRICS. CLIENTS WILL EXPLORE THE CONNECTION BETWEEN MUSIC AND MEMORIES, LEARN TO USE MUSIC AS AN EFFECTIVE COPING SKILL, AND EXPERIENCE CATHARSIS AND UNIVERSALITY.

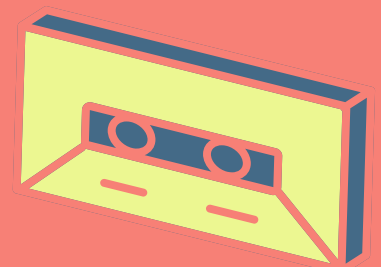
OPEN GROUP
FOR ADULTS
18+
REGARDLESS
OF IDENTITY OR
EXPRESSION

WEDNESDAYS
FROM 12-
1:30PM



PRE-SCREENING
INTERVIEW IS
REQUIRED.

THIS IS A GROUP OFFERED BY THRIVE COUNSELING CENTER. PLEASE CALL TO GET DETAILS ABOUT UTILIZING INSURANCE BENEFITS. THIS PROGRAM MAY BE FREE BASED ON YOUR INSURANCE COVERAGE. IF UNINSURED, PLEASE CALL TO INQUIRE ABOUT APPLICABLE GROUP FEES.



HAVE QUESTIONS AND/OR WANT TO PRE-SCREEN? CONTACT DESI MENDEZ

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