

Expressive Arts & Games

Join us for a 9-week mental health therapy and skills group this summer, where we will be engaging with nature, art, and games to support mental and behavioral health.

Led by Kaylee Haag-Skills & Heidi Toft-Therapy

All snacks and supplies provided

Ages 7-11
Wednesdays
2:30-4pm

AGES 7-11

AGES 12-18

For current
HVMHC clients

**JUNE 17-
AUGUST 13**

Ages 12-18
Thursdays
2:30-4pm



Things to Learn:

- social & critical thinking skills
- emotional expression & regulation
- self-awareness & self-worth
- resilience & creative expression
- brain science

Things to Do:

- art-based therapeutic activities
- nature-based therapeutic activities
- glitter jars, slime, button-making
- interactive games
- and much more!

**Hiawatha Valley Mental Health Center
611 Broadway Ave, Wabasha MN 55981**

Reach out for more information: KayleeH@hvmhc.org or HeidiT@hvmhc.org