

Expressive Arts Group

Healing through Mindfulness and Creative Expression

Drop-In Support Group for Eating Disorder Recovery:
Tuesdays from 6-7:30



165 Cook Street
Suite 10 (downstairs)
Denver, CO 80206

FREE PARKING

-in lot behind building-

720-606-3242

[www.PositivePathways.com
/workshops-and-groups](http://www.PositivePathways.com/workshops-and-groups)

- A group where your feelings are honored through art.
- Where you can explore the therapeutic aspects of creative expression and uncover the truths that await you in your imagery.
- Art as therapy is a method of utilizing the healing effects of creative expression.
- This is particularly helpful in times when our words alone cannot convey our story. Other times, it is just about having fun!
- Come join us wherever you are in your journey and let yourself create how it can unfold.

~First Group Free~
**Suggested donation of \$5 for
follow-up groups**

This support group is open to anyone in recovery from eating disorders. No registration is required, so please join us any time! Facilitated by Jeung-il Tsumagari, an Art Therapy Counselor Intern who attends Naropa University.

