

CREATING RESILIENCE:

DBT AND ART THERAPY FOR TEEN STRESS MANAGEMENT

LED BY: NICOLE TOPP,
LPCC-S. ATR



Nicole is a Licensed Professional Clinical Counselor, with Supervisory Designation, and a Registered Art Therapist. She has a Master's degree in Counseling and Art Therapy from Ursuline College.



\$45

A 2-HOUR WORKSHOP FOR HIGH SCHOOL STUDENTS

A transformative workshop designed to empower teenagers with essential skills for managing stress, cultivating coping mechanisms, and enhancing self-esteem. This dynamic and engaging workshop combines the evidence-based principles of Dialectical Behavioral Therapy (DBT) with the expressive power of Art Therapy to provide participants with a comprehensive toolkit for emotional well-being.

Held in Avenues of Counseling's
Wellness Center, Vivify Wellness

843 N. CLEVE-MASS RD STE 10
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