

Mondays: 5pm-6:30pm  
(11 weeks, with Holiday Break)

# THE HERO'S JOURNEY

Teen Art Therapy Group (16-19yo)  
Led By Kelsey Armentrout, MA, LPCC, ATR

Join us on this artistic odyssey of growth and self-realization, and let your **inner hero** shine through.

Through imaginative interventions, participants are encouraged to nurture their self-esteem, using art as a powerful vehicle for self-expression and empowerment.

This journey isn't just about conquering external foes but delving deep within to identify and overcome personal obstacles. As we navigate this quest, we explore the invaluable coping skills and support networks that empower us to face life's challenges head-on. Crafting vision boards aids in the development of a crystal-clear vision for the future, empowering participants to harness their newfound wisdom and take tangible steps towards actualizing the hero within themselves.



## PART I: Starts Monday Nov 13th

**Week 1:** The Call to Adventure  
**Week 2:** The Hero's Assistants  
**Week 3:** Departure  
**Week 4:** Trials  
**Week 5:** Approach  
**Week 6:** Rebirth

## PART II: Starts Monday Jan 8th

**Week 1:** Treasure  
**Week 2/Week 3:** Return  
**Week 4:** New Life  
**Week 5:** Resolution

Held in Avenues of Counseling's Wellness Center, Vivify Wellness  
843 N. Cleve Mass Rd Ste 10 Fairlawn OH 44333

Most Insurances Accepted, \$65 a session self-pay

Find More Info at



## Call to Schedule

(330)723-7977,  
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