

Broadway Therapy Groups for March 13th-May 12th

C4 Broadway: 5710 N Broadway

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10					
10:00-10:30		Drop in Art Therapy	Letting Go	Mindfulness and Art Therapy on Zoom	
10:30-11:00		<i>with Josie in Drop-In Center</i>	<i>With Tom in 211b</i>	<i>With Kate (email for link)</i>	
11:00-11:30	Exploring Clay		Art Therapy: OPEN STUDIO	Drop in Art Therapy 10a-12p	Art Therapy: OPEN STUDIO
11:30-12pm	<i>with Josie in Art Studio*</i>		<i>With Josie in Art Studio</i>	<i>With Josie in Drop-In Center</i>	With Josie in Art Studio 11a-1p
12pm-12:30		Recovery and Wellness	Mending Art Therapy	Culture of Wellbeing 12-1p in 211b With Cheyenne	Music and Moods
12:30-1:00		<i>With Kate in 211b</i>	<i>With Anastasia in Art Studio</i>	<i>ACT ART THERAPY 12-1p in ART Studio with Josie</i>	<i>With Cheyenne in 211b</i>
1:00-1:30			Drop -in Center Art Therapy		
1:30-2:00			<i>With Josie in Art Studio</i>		
2:00-2:30	Self Compassion	ACT Walk it Talk It 2-3p with Josie next to Art	Art Therapy: OPEN STUDIO	Anger Management	Walk it Talk it
2:30-3:00	With Kate in 211b	DBT Art therapy 2-3:30 on Zoom	<i>With Josie in Art Studio</i>	<i>with Cheyenne in 211b</i>	<i>With Kate in space next to Art Studio</i>
3:00-3:30		<i>With Kate (email for zoom link)</i>			
3:30-4:00	Grief and Loss Art Therapy on Zoom				
4:00-4:30	with Anastasia(email for zoom link)				

Questions about Groups or Art Therapy? Contact Rita: 872-235-0200 or rita.pansky@c4chicago.org

*Art Studio located next to 211b