

# The Art of Feeling:

Using creative and expressive therapies to process and manage strong feelings in safe, healthy ways.



YWCA Metropolitan Chicago will be hosting a **6-week group** for **children ages 8 to 12** who have been impacted by sexual violence. This group will be a safe, supportive space that uses **art, movement, music, and role-play** to:

Identify how we experience strong feelings like anger or aggression

Explore how strong feelings are expressed in participants' lives

Practice safe, creative ways to manage and express feelings at home or school

## WHEN:

Saturdays  
2pm-3:30pm  
6 weeks  
February 25 to April 1

## WHERE:

YWCA Metropolitan Chicago  
RISE Center  
820 W. Jackson Blvd. Ste. 550  
Chicago, IL 60607

## COST: Free

Spots are limited. Please RSVP by February 1

***All interested caregivers must schedule a time to meet with a counselor to discuss the child's needs and interest in the group.***

If you are interested in enrolling your child, please contact:  
Kelin Hall 312-229-7244      Chelsea Davis 312-762-2728

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