

2019

Art Journaling

Stephanie Lacy, LCSW LMFT, LLC

**One Saturday a Month
10am to 12 noon**

If this will be your 1st Art Journaling session.....

Welcome and relax!!!! You do not need to bring anything except \$25.00 to cover the cost of the journal. The cost for the group is \$30.00. However, if you are currently a client in therapy, we will bill your insurance to cover the cost of the group therapy session and you will be responsible for the copay.

**Discover the
therapeutic and
healing benefits of
Art Journaling
and
*Meditation***

An opportunity to

explore.....Your inner landscape in a confidential, safe and relaxed environment...

An opportunity to take a “pause” from your busy, going, and doing life to become aware of what is going on within...what is at the deeper level in terms of your feelings, your fears, your desires.

Art Journaling Schedule 2019	
Jan. 19th	Setting Your Intention...What is your Purpose?
Feb. 9th	Living From Your Heart
March 16th	Dealing with the Inner Critic
April 13th	Finding Peace...Letting go of Fear
May 11th	Forgiveness
June 15th	Experiencing the Importance of Play
July 13th	Sailing Through Uncertainty
Aug. 10th	Express Your Story...Your Truth
Sept. 21st	Learning the Value of Vulnerability
Oct. 19th	Knowing Your Power Within
Nov. 16th	The Practice of Gratitude
Dec. 14th	Capturing Your Joy

All art supplies will be provided.

If you would like to bring a friend, please call ahead to discuss arrangements

RSVP- Call or Text: 404-345-7062

***Please reserve a space in advance**