

tap into
your unique
wisdom!



enjoy
supportive
group
energy!

Integrative
Counsel

decompress
& discover!

Expressive Arts Group

gain insight
into your
experiences!

*Gather with us in a virtual circle to create and connect.
All you need is simple art supplies and an open mind!*

Meets **virtually** the first Thursday
of every month, 6:30-8:30pm
includes access to private facebook group

With Laura Hensley | Counselor, LMHC

\$10-\$25
suggested donation

for more information & to sign up, visit:

integrativecounsel.org/e-studio/

space is limited to 10 participants,
sign up early to reserve your spot!