

The Art of Letting Go

Art Therapy for Individuals Coping with Hoarding Disorder



JFCS is offering a virtual, weekly art therapy group for people coping with the clutter in their lives. The group members, with the guidance and support of the group facilitator, will be encouraged to utilize art journaling as a tool, learn new coping skills, respond, express, and process what it means to let go.

Art journaling can be helpful in terms of encouraging containment and safety as well as serve as a timeline of a transformative therapeutic process.

Facilitated by Kiarra Williams, MA, Art Therapist.

Please note that The Art of Letting Go is a **CLOSED** group. After the first session, new participants are not able join.

WHEN:

Thursdays, September 8 - 29, 3 - 4pm (4 sessions)

WHERE:

Zoom—link provided after registration

COST:

Sliding scale offered.

Pease do not let financial concerns keep you from reaching out. If you are interested in this group, please contact Sybil Griffith below about sliding scale options.

RSVP:

Advance registration for this group is required. Please contact Sybil Griffith at 267.315.5731 or sgriffith@jfcsp Philly.org.

