

2021 YOUTH SUMMER GROUP OFFERINGS

Please contact clinic@sainta.org or 414-463-1880 for more information.



CAREGIVER AND ME ART THERAPY GROUP

Paint, markers, clay, oh my! Learn how art can be fun AND a great tool to calm down big emotions. In this group, we will learn about ourselves, build confidence, and explore feelings through art. Expect to get a little messy! Any caring adult can join with their child; upon completion, group members will receive an art box to take home.

Location: SaintA

Days: Tuesdays, 10:30-11:30 a.m., June-August

Ages: Youth (8-12) and their caregivers



GO WITH THE FLOW MINDFULNESS GROUP

Ready, set, meditate! In this group, kids will learn mindful activities that will help them relax their bodies and brains. Great for kids with big emotions or trouble focusing! Each week we will focus on a new mindful activity, like yoga, meditation, music, and more.

Location: SaintA

Days: Mondays, 1-2 pm., June-August

Ages: Youth (8-12)



BACK-TO-SCHOOL BOOSTER

Heading back to school can be so stressful. In this group, we will talk about the ABC's of getting back in the groove. Focus will be on dealing with stress, building friendships, and calming down worries about being back in the classroom.

Location: Varies

Days: Varies by location, may meet multiple days each week and offered only in August

Ages: Groups organized by age- open to elementary, middle and high school students



CREATIVE SELF-EXPLORATION FOR TEENS

What does it mean to be YOU? Explore your individuality and identity with other teens in this creative therapy group. Each week we will embark on a new creative adventure, including the use of music, art, yoga, dance, movement, writing and more!

Location: SaintA

Days: Thursdays, 1-2 p.m., June-August

Ages: Adolescents (13-16)



LIFE TRANSITIONS FOR EMERGING ADULTS

Becoming an adult is exciting, but it can also be stressful! With other young adults, explore challenges faced when navigating to adulthood. Emphasis is on becoming independent, building healthy relationships, and growing a toolkit of coping strategies to manage stress.

Location: SaintA

Days: Fridays, 10-11 a.m., June-August

Ages: Adolescents and Young Adults (16-20)