

# FREEDOM TO EXPRESS YOURSELF



THIS GROUP IS  
DESIGNED FOR AGES 12-15.  
\$115 FOR 5 WKS., PLUS A \$5  
MATERIALS FEE.  
LIMITED SPACE AVAILABLE.  
FOR MORE INFORMATION CONTACT TARA BANE AT:

[BlueSkyTherapyCenter@gmail.com](mailto:BlueSkyTherapyCenter@gmail.com)

Tara Bane is a registered Art Therapist through the AATA. She is also a certified Kundalini Yoga instructor. She has worked with kids of all ages for over 20 yrs. In recent years she has incorporated yoga, meditation & breath work with peoples to help reduce their stress levels and better manage their life.

This is a wonderful opportunity to participate in a group with your peers. You will have the chance to express your emotions, thoughts, opinions in a non-judgemental space, & reduce any stress you may be experiencing. You will create new connections, increase conflict resolution skills, improve self- image and build confidence, all while having fun and using art materials. You will work on individual projects and participate in group activities as well.