

avenues of counseling
and mediation llc

843 N. Cleve-Mass Rd, Fairlawn OH 44333

Quieting Your "Inner Critic"

A 3-Hour Art Therapy Workshop for Women

Unlock the power of self-expression with our transformative art therapy workshop. Discover the profound impact of art in quieting the relentless voice of your inner critic.

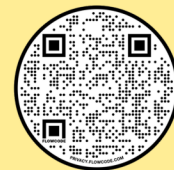
Guided by Art Therapist, Nicole Topp, LPCC-S, ATR, you'll learn to empower yourself with tools to challenge your negative thoughts, foster self-compassion, and nurture a resilient mindset. Utilizing a variety of modalities, including art-making, writing, and group discussion, you'll find comfort and understanding in the shared experiences of others, and learn to create a harmonious relationship with your inner voice.

Goals:

- Identify and Challenge Negative Thoughts
- Recognize Your Strengths and Positive Qualities
- Enhance Self Confidence

Only
\$65!

Saturdays, 9a-12p
Scan for Upcoming
Dates!



Spots are Limited, call (330)723-7977 to Sign Up!