



Join art therapist Liz Van Buren, MS, ATR-BC for weekly drop-in groups in a laid-back, virtual space created for other mental health professionals (psychotherapists, OTs, SLPs, ATs, ETs, etc.!) seeking connection and their own self-care. Use the weekly prompt or spend the time making your own art.

Register here:

Mondays at 12pm, starting February 27

\$20 per session

No artistic experience required!

For questions, email Liz at
liz@mindfulbodytherapyandwellness.com

