

finding meaning

a creative arts
therapy group

for people who are
grieving over a loss



Giving expression to a traumatic experience is hard, but it's also essential to our ongoing psychological health. The loss of someone close to us can have profound effects: anxiety, fear, depression, isolation and difficulty carrying on with the normal activities of life. If you've suffered a loss that's intruding on your ability to function normally, or if you want to process your loss and find meaning in the experience, this group is designed for you.

- The Finding Meaning group uses **expressive arts therapies** to explore memories of lost loved ones. Through **narrative, storytelling, art** and **drama** we share those memories first with ourselves, then with other group members, and finally with families and friends.
- In addition to the group therapeutic process, **individual counselors** are available to members of the group.
- **We keep the group small**, between 6 and 15 members. Participants are asked to attend all group meetings. No one is discriminated against on the basis of race, religion, creed, nationality, sexual orientation, age, gender, or disabilities.

Group leaders



Dale Savidge, PhD is a Registered Drama Therapist and the director of the Spectrum Theatre Group for young adults on the autism spectrum. He creates and leads groups for people with disabilities, foster children in group homes, juveniles in detention, the homeless and people in substance abuse treatment facilities.



Courtney Chandler, MA, ATRP is an art therapist with a decade of experience offering expressive art groups with marginalized populations in mental health facilities, schools, detention facilities, and substance use treatment centers.

"After our daughter's first session ... she came home and gave me a hug. She said she finally felt peace. I knew we had found the right place for her to reconcile her grief. We are so grateful."

– Parent of participant

Schedule

Groups run for six weeks on Monday nights from September 7 - October 12, 2020. This group meets on Zoom; participants need access to this free program (participants notified by email).

- 6-7 pm Teens aged 12-17;
- 7:15 - 8:15 pm adults ages 18 and up

Registration, fees and information

The Finding Meaning fee is \$25 per session, but please contact us if you have a financial need. If you have a financial need, let us know. We will do our best to make this group available to everyone.

For more information, contact Dale Savidge at dsavidge@appliedtheatrecenter.org.

**CLICK HERE
TO REGISTER ONLINE NOW**

(OR GO TO APPLIEDTHEATRECENTER.ORG)

