



HORIZONS AFTER SCHOOL ENRICHMENT for Tri-Town Girls in Grades 4 and 5 [Register Here](#)

[Love Me, Love My Art](#)

Fee: \$175

Thursdays: May 17, 24, 31, June 7, 14 4:00—5:30pm

Love Me, Love My Art is an expressive arts group designed to honor the life experiences of girls in 4th & 5th grades. Each week in this 5-week program, girls will be guided through structured art, group activities & discussions to explore the emotional highs and lows of being a pre-teen. The goals of this group are to incorporate visual art and mindfulness techniques to help girls cultivate self-awareness, gain a better understanding of their emotions, develop healthy strategies to express their inner voice and build self confidence and creative expression. **Taught by Danielle Jacobs an expressive art therapist from The Artful Life in Beverly. Min 6/Max 12**

[Classes meet in the Tri-Town Council programming space @ 7 Grove Street in Topsfield](#)



The Artful Life
COUNSELING CENTER AND STUDIO

Classes meet at @ 7 Grove Street in Topsfield (Lower Level of Station Bldg)

[REGISTER HERE](#)

REGISTER ASAP TO RESERVE YOUR SPOT!

QUESTIONS? CALL: (978) 887-6512

