This outpatient group is specifically targeted toward recent Iraq and Afghanistan combat veterans. The group explores stressors and conflicts of reintegration and post-deployment.

Participants are encouraged to seek insight into their experiences, to identify common experiences within the group, and to develop tools to communicate these experiences to loved ones, friends, and service providers.

No artistic experience is necessary and all materials will be provided.
Art therapy strengthens communication and understanding. This service helps to provide people with new coping tools, to seek inner strength, and to increase insight.

A background in art is not necessary for participation in art therapy. The last time you held a marker may have been in middle school. You are in good company. All you need to use this service is the willingness to try something potentially new and different, and an interest in your own emotional well-being.

"Art therapy serves as a transitional space between avoidance of issues or experiences and acceptance."

The American Art Therapy Association (AATA) defines art therapy as "a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight."

For more information visit:
www.arttherapy.org