

Just as You Are

Expressive Arts group exploring stress and perfectionism.

Tuesdays:

4:00 to 5:00 pm.

Meeting dates:

March 3, 10, 17, 24, 31, April 7, 14, 21.

(April dates may change, depending upon the participants' spring break schedules).

Instructor:

Julie Tucker, Marriage & Family Therapist



Some adolescents are incredibly hard on themselves. They may not allow themselves to feel happy about anything good that they accomplish, or they procrastinate and/or avoid studying, practicing or attending social events out of fear that they won't perform "perfectly." This group will address the many ways that perfectionism, academic and social stress prevent your teen from living the life they really want. The instructor will help participants explore new ways of thinking and teach them how to embrace the imperfections that make us each unique.

Through art, games and discussion, students will learn to recognize and transform the repetitive negative patterns that have not served them well. During activities, participants will focus on addressing their inner critic, improving their interpersonal communication skills, as well as monitoring, reflecting on and adapting their behavior. The group will practice giving and receiving appropriate feedback in a safe, joyful, creative, positive and supportive environment.

The class is designed for 12-14 year-old girls and sessions are held at the Center for Developing Minds. Course fee is \$700.00 for the eight class meetings. Class size is limited to provide participants with personal attention. Please register in advance.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853

www.devminds.com

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