Just as You Are

Expressive Arts Group for Women

Addressing Stress and Perfectionism

Mondays:
12:00 to 1:00 pm

Meeting dates:
January 25 – March 8, 2027.



Instructor:
Julie Tucker, Marriage & Family Therapist

Are you feeling anxious, irritable, or withdrawn?
Would you like to have a more positive outlook day-to-day?

Some young adults are incredibly hard on themselves. They may not feel happy about the good things that they accomplish, or they procrastinate and avoid studying, work, or attending social events out of fear of being judged and not doing it "perfectly." This group will address the many ways that anxiety, perfectionism, and academic or social stress get in the way and prevent you from living the life you really want.

Through art, games, and discussion, group members can:

- Learn to recognize and transform the patterns of thoughts and actions that have not served them well and kept them "stuck."
- Address their inner critic -- explore new ways of thinking and learn to embrace the imperfections that make us unique.
- Improve their interpersonal communication skills.
- Recognize that they are not alone.

The group is designed for young adult women, ages 18+, and sessions are held at the Center for Developing Minds. Course fee is $600.00 for the six class meetings. Class size is limited to provide participants with personal attention and to foster cohesive group learning. Please contact the clinic to schedule an intake appointment with the class instructor to confirm enrollment.

Join us to be a part of a safe, creative, and supportive circle of others!

To register for these programs, please contact the Center for Developing Minds at 408.358.1853
www.devminds.com

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