

# THOUGHTFUL THURSDAYS FOR THE MOMS

## Thursdays at 12:00 Virtual

Let's do a little soothing art and learn to be present in our daily lives so we can show up for ourselves, our relationships, and our kids in an authentic way.

We are **creating connections, supporting each other, and processing challenges through art & expression.**

This open group meets weekly for 50 minutes. Sessions are \$85 per session and may be reimbursable through insurance benefits.



Led by Mim Long, MS, LPC, NCC  
Certified Positive Discipline  
Parent Educator



Contact [Mim@aiotherapy.com](mailto:Mim@aiotherapy.com) to learn more and join the group.