

THOUGHTFUL THURSDAYS

FOR THE MOMS

Thursdays at 12:00 Virtual

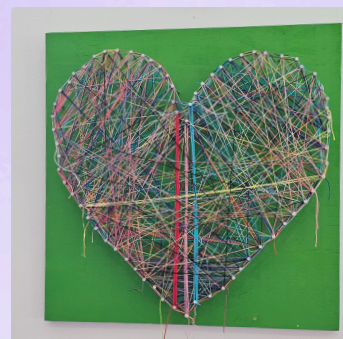
Let's do a little soothing art and learn to be present in our daily lives so we can show up for ourselves, our relationships, and our kids in an authentic way.

**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 to learn more and join the group.