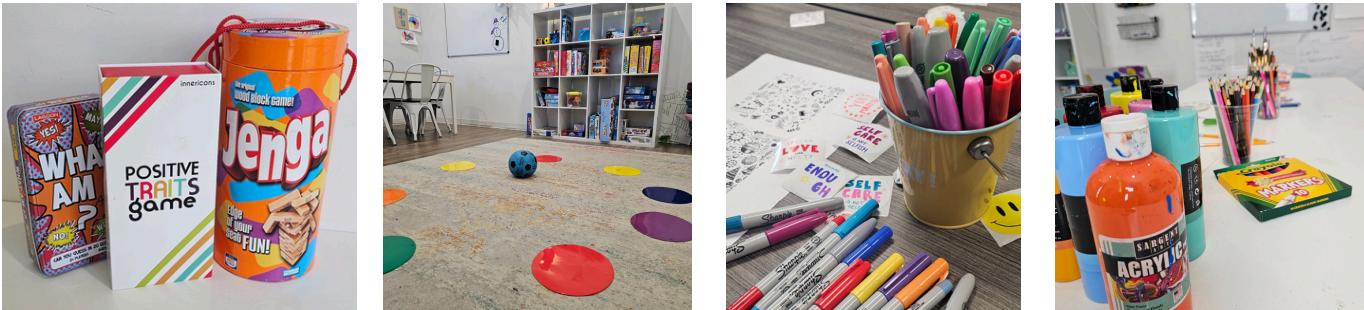


GROUP THERAPY at ART IT OUT

What Is Group Therapy at Art It Out?

Our weekly 50-minute group sessions help children and teens build emotional awareness, improve social skills, and feel more confident navigating friendships and challenges.

With over 100 groups offered year-round, we thoughtfully place each child based on their individual goals and developmental needs. Groups are led by experienced therapists using engaging, multi-sensory methods including art, movement, role-play, and games.



What Happens in a Group Session?

Warm-up Activity: Helps participants transition into group

Skill-Based Lesson or Activity: Focused on a social or emotional skill (e.g., frustration tolerance, joining in, handling teasing)

Creative Practice: Hands-on ways to reinforce the skill through games, art, or movement

Group Discussion or Reflection: Builds awareness, language, and peer connection

Parent Summary (3–5 mins): Brief update from the therapist at the end of each session



Therapeutic Benefits of Group Therapy

Learn how to make and keep friends

Practice managing big feelings and frustration

Build conversation and communication skills

Develop flexibility, cooperation, and teamwork

Gain tools to manage anxiety, impulsivity, and emotional outbursts

Strengthen confidence in social settings

Parent Involvement

Caregivers receive brief updates at the end of each session

Optional 15-minute phone check-ins are offered mid-semester, end-of-semester, and as needed.

Additional Information

- All new group clients complete an intake so we can make the best group match.
- Offered at all Art It Out locations
- Groups meet weekly throughout the school year and summer
- Ages preschool through high school