

Teen Depression

Teen depression can look different than adult depression. Symptoms of teen depression: your child is not acting like him/herself, your child is lethargic and has lost interest in activities that once made them happy, your child is overly clingy, frequently reporting sick, refusing to go to school or gets in trouble at school, sleeping excessively or is excessively moody, there may be something more happening with your child.

The Light of the Heart: A Community Art Therapy Project
TLOTH is a 501(c)3 not-for-profit art therapy and counseling organization in Aurora, Illinois. We work with you to connect you with light and gently move you through darkness. Our mission is to provide a safe and encouraging environment for individuals to uncover the light of their hearts through the creative process of art making.

Healing Journey

Healing Journey Art Therapy Group for Teen Girls who may have depression

This group will meet for 8 weeks, Wednesday evenings from 6pm to 8pm, beginning October 22nd and ending December 10th.

Some art directives will include:

Story Stones, Self-esteem Portraits, Coping Cards

Contact us to register:

630-486-4078

www.thelightoftheheart.org

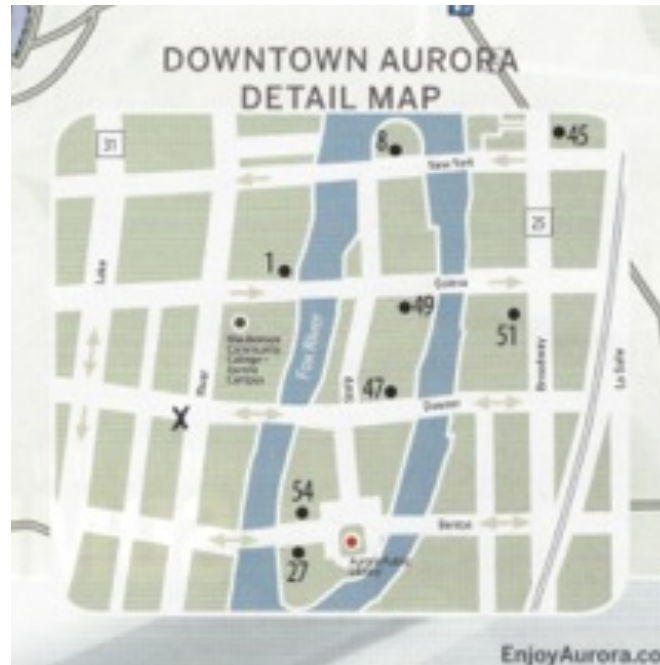
mhedlund@thelightoftheheart.org

The Light of The Heart Studio is located at:

52 West Downer Place

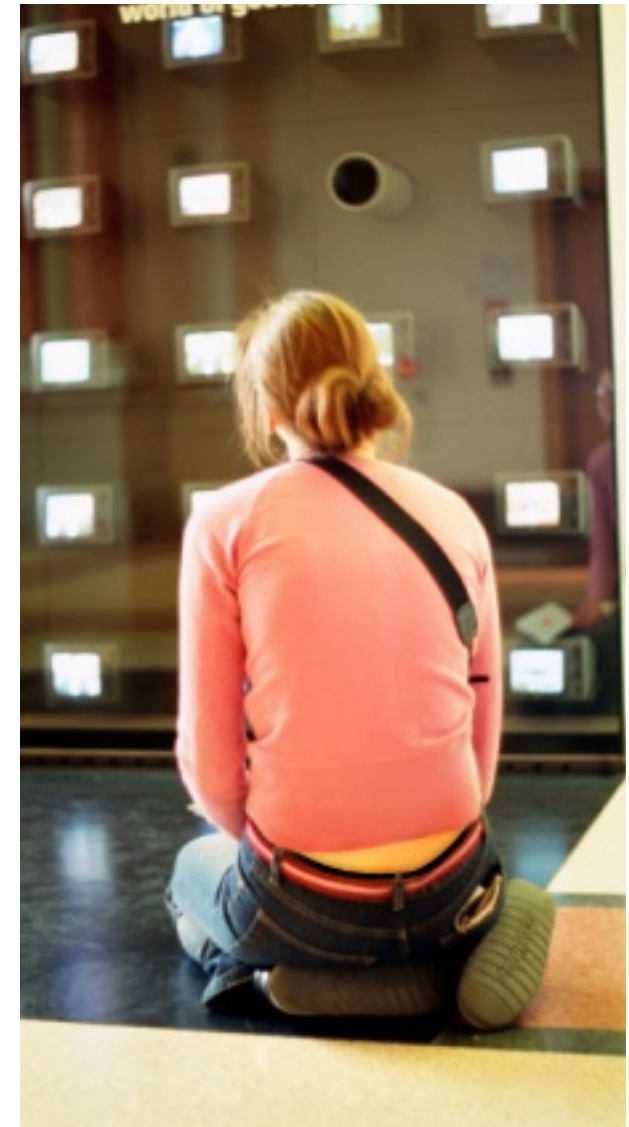
Suite 204

Aurora, Illinois 60506



Healing Journey

The Light of The Heart introduces a **Healing Journey Art Therapy Group** for teen girls with depression from 14-17 years of age
www.thelightoftheheart.org



Teen Girls Depression



Coping Cards



Body Mapping



We Are Unique!
