

# EMERGING SELF

June 15 - July 31 2026

Art therapy offers a space for self-reflection through the creative process. During this reflection, new or forgotten aspects of ourselves or experiences may rise to the surface. As these parts emerge into the space, we explore them and piece together a new self-awareness.

The art therapy group bears witness to this emerging identity, the Emerging Self, offering it room and encouragement to grow and thrive.

Emerging Self honors all of our clients' progress towards personal growth, self-awareness and recovery.

