

# Elizabethton Counseling and Arts Center

Adult, Teen, and Pre-Teen Group Opportunities  
First Saturday Of The Month  
February-May, 2019

Art Creation and Observation  
Music Creation and Experience  
RPG (Role-Playing Games)

## Saturday Schedule

10:00am-Teen Art  
11:00am-Teen RPG  
12:00pm-Adult Art  
1:00pm-Adult Music

### Location

204 Rogosin Dr, Ste 4  
Elizabethton, TN 37643  
423-433-9739

[www.elizabethtoncac.com](http://www.elizabethtoncac.com)

Please contact Brandon M. Cole,  
LPC, MHSP for more information or  
to sign up now!

## What to expect:

- See, listen, play, and create through your preferred means of expression.
- Healing through the creative process.
- Personal growth in a safe, supportive environment.
- Introspection through self-awareness, self-understanding, and insight.
- A safe and supportive environment facilitated by licensed therapists who are genuine, warm, empathic, open, honest, congruent, and caring.

Check us out on Facebook and Instagram!

[www.facebook.com/  
Elizabethtoncac](https://www.facebook.com/Elizabethtoncac)

@elizabethtoncac

The arts have consistently been part of healing throughout the history of humankind. Expressive art interventions are action-oriented methods through which individuals explore issues and communicate their thoughts and feelings.

Through the utilization of music, visual arts and imagery, storytelling, writing, poetry and interpretation, drama, and movement we encourage both cognitive and behavioral change throughout the lifespan by fostering human growth, development, and healing. This is accomplished by reclaiming our innate capacity for human expression, both individually and collectively, through artistic form.