

HEALING THROUGH THE ARTS





"The Center for Creative Arts Therapy is a safe place where the arts can be used as tools to express yourself. Through creative art expression our clients are able to heal and grow."

Founder & CEO, Azizi Marshall

Center for Creative Arts Therapy (C4C) is dedicated to nourishing emotional wellness and expression through the arts. Explore the arts in a comfortable, non-judgmental space. Let go of stress, anxiety, and the demands of daily life while being accepted for who you truly are.

Explore the visual arts, movement, drama/improv, music, and writing to help you discover, accept, and express yourself in a judgment-free environment. These sessions are one-of-a-kind; using the arts as a new way to tap into your true self and connecting with others on the path towards wellness.

Think of us as your own personal trainer for your emotions, and the Arts as the "treadmill".





ADULT PROGRAMS

ART THERAPY

*art journaling * support groups * open studio*

ART THERAPY

Our Art Therapists integrate the visual arts to help reduce your anxiety, thus opening new creative possibilities for therapeutic intervention. Art therapy, as a therapeutic modality, involves visual and verbal processing that gives the therapist unique insight and amazing tools to reach the core issues. Our Art Therapists are able to explore your life challenges and set forth a new way to approach difficult situations.

Adult Programs

ARTful Meditation

Guided artful meditation hour. Explore group drawings, Zen-movement, expressive writing and more!

Lose all worries as you listen to relaxing music, create group art or experience intention journaling. Focus on expressing your thoughts through journaling with words or images. Use the space to relieve your stress through movement.

MON & TUES | 9:30AM-10:25AM

WED | 7:00PM-7:55PM

\$25.00 | per group | FREE to Members

Drum Circle

Come and let loose with this music therapy support group. Drumming can be a cathartic release of stress, provide community support, and start new connections.

TUES | 7:30PM-8:30PM

\$25.00 | per group | FREE to Members

Art Journaling

Lose all worries as you listen to relaxing music and experience artful intention journaling. Focus on expressing your thoughts through journaling with words or images. Use the space to relieve your stress and find balance.

THURS | 7:30PM-8:30PM

\$25.00 | per group | FREE to Members

Parent Support Group

Need a place to connect with other parents? Want to learn more about child development and how to better support your little one?

While your child enjoys ARTs PlaySchool, enjoy a cup of coffee on the other side of the building with a group of parents and a supportive licensed clinician to guide you through tough parenting challenges and enjoyable child rearing moments.

WED | 9:45AM-11:15AM

\$25.00 | per group | FREE to Members



Art Therapy FAQs

How does art therapy differ from art classes?

Art therapy allows clients to share and understand things about themselves that they might otherwise find difficult to express. Art classes focus on certain visual art techniques, not the emotions.

What if I have no art experience?

No art experience is needed to enjoy art therapy and benefit from its healing potential.

DANCE THERAPY

*creative movement * body confidence * artful yoga*



DANCE THERAPY

We use Dance and Expressive Movement as a powerful therapeutic tool in the treatment of troubled teens, behaviorally challenging children and body image. Dance, yoga, and expressive movement are used by our therapists to assist you in regard to self-identity and expression.

Special Programs

Women Empowerment Group Series

Connect with other women through dance/movement therapy to empower, realize, and develop your inner strengths. No previous dance experience needed!

Laugh, grow and experience true connection through this 6-week program.

For women ages 16+.

MON | 6:30PM-8:00PM

\$250 | series | \$25 OFF for Members

Teen Art Therapy Group Series

The TEEN ART THERAPY GROUP is an 8-week, professionally led education and peer support program for teens, ages 13-18. Through the arts, these young adults will explore how to navigate through the complex combinations of stress, relationship issues, and anxiety while experiencing shared stories, support, friendships, relaxation and stress-resolutions. Your teen will learn how to EXPRESS themselves, ADVOCATE for themselves and EMPOWER themselves.

SAT | 10:00AM-11:30AM

\$300.00 | series | \$30 OFF for Members

Open House

Join us to celebrate and learn how the ARTS can help you!

Take a tour of the NEW Art and Dance/Movement Studios, enjoy some delicious hors d'oeuvres, and experience how the ARTS can provide you balance during stressful times. A special drawing will take place at the end of the evening!

Express Yourself Offerings for ALL Ages:

- Art Studio Activities
- Movement/Yoga
- Educational Presentations
- Interactive Music
- Special Guests
- Hors D'Oeuvres

SAT | SEPTEMBER 16 | 6:00PM-9:00PM

FREE



Do you take insurance?

Yes, our individual arts-based psychotherapy sessions are covered by Blue Cross Blue Shield PPO, Cigna and United Health Care.

Our group sessions are not.

MAKE.



Make.

Make. is an after school teen drop in hangout with a purpose. Teens are guided by practicing artists and supported by licensed clinicians to create art:

- Music
- Slam poetry
- Creative movement
- Painting
- Collage

At the end of each month, teens have the opportunity to display/perform their creations for friends, family and the community at our Make. Space Night.

Testimonials

"We give teens a voice at Make."

Rex Finan, Administrative Intern (Make Supporter)

"The Center for Creative Arts Therapy taught me that I am beautiful both inside and out by learning to love my body through art and movement."

Teen Girl Power, Support Group Member

"Without the Center we would have been overwhelmed. Azizi and her team put together a comprehensive behavior plan for our daughter's school and provided follow up and tools for her teachers and counselors."

Parent of Autistic Child

"My children and I were able to heal after the loss of my husband in a creative, accepting and warm environment. Music played a huge part in our healing."

Grieving Family





TEEN PROGRAMS



MUSIC THERAPY

*drum circles * musical improvisation * lyric writing*

MUSIC THERAPY

Music Therapy is an evidence-based practice of a powerful experiential therapy approach addressing your individual goals. Music Therapy builds powerful therapeutic relationships between you and a professional music therapist – and real growth occurs! Moreover, you are naturally motivated by music, and therefore more open to the therapeutic process.

Teen Programs

ARTful Meditation (ages 16+)

Guided artful meditation hour. Explore group drawings, Zen-movement, expressive writing and more!

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WED | 7:00PM-7:55PM

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SAT | 10:00AM-11:30AM

\$300 | series | \$30 OFF for Members

Make. Space Night

Make. Space Night provides teens a monthly opportunity to share their Make. created work with friends, family and the community. Come and see expressive dance routines, slam poetry, musical creations, multimedia art pieces, and much more. Light refreshments served.

3RD SAT PER MONTH | 6:00PM-7:30PM

\$10.00 | ADMISSION | FREE to Members





Azizi Marshall, LCPC, RDT-BCT, REAT

Founder & CEO, Drama Therapist

An historical advocate for children, young women and teens struggling with anxiety, depression, trauma, grief, as well as couples and first responders.



Rachael Hoffman, LCPC, ATR

Art Therapist

Specializes in teens, and young adults with depression, anxiety, trauma, mood disorders and psychosis. Provides a safe atmosphere for exploring emotions.



Jennifer Buckler, LCPC, ATR

Art Therapist

Offers a safe space for children, teens and adults to explore and express their feelings and thoughts through art-making, as well as medically challenged.



Rachel Wagner-Cantine, LCPC, BC-DMT

Dance/Movement Therapist

Extensive knowledge of treating individuals and families struggling with depression, anxiety, trauma, substance abuse and eating disorders.



CHILD PROGRAMS



Child Programs

ARTs Playschool (ages 2.5-5)

ARTs PlaySchool brings together children's creative mind/body connection with the arts. While focusing on a curriculum-based structure, our teachers and staff members incorporate the arts into children's learning.

"We teach to the child that learns by moving, exploring and creating." Azizi Marshall, Founder & CEO.

MON & WED | 9:30AM-11:30AM

\$45 | per group | FREE to Members

ARTs Together (ages 0-6 + caregiver)

Looking for a fun way to explore the arts with your little ones. . . ALL the arts?

This nationally acclaimed, research based program utilizes mixed-arts classes to foster a natural curiosity for all art forms (music, dance, art and drama) while growing social and emotional learning all while having a great time!

TUES & THURS | 10:30AM-11:15AM

\$45 | per group | FREE to Members

Open Studio

Enjoy a fun-filled afternoon exploring multiple visual art forms with your little ones in a parent-friendly environment. There will be daily Art Expressions to help your child explore a variety of art mediums, while you enjoy our coffee bar. All projects can be taken home to share with family and loved ones.

SAT | 1:00PM-3:00PM

\$45 | per group | FREE to Members

Parent Support Group

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While your child enjoys ARTs PlaySchool, enjoy a cup of coffee on the other side of the building with a group of parents and a supportive licensed clinician to guide you through tough parenting challenges and enjoyable child rearing moments.

WED | 9:45AM-11:15AM

\$25.00 | per group | FREE to Members

DRAMA THERAPY

*improvisation * role play * therapeutic performance*

DRAMA THERAPY

We use integrated theatrical arts as one of the main therapeutic components to serve you and our community. Theatrical arts integrated therapy is one of four therapeutic components at the Center for Creative Arts Therapy that form the basis to an overall excellent treatment experience.

Wellness Memberships

YES, You ARE worth it!

Looking to make a deeper commitment to yourself? Find yourself wanting more connection? Looking for a safe place to truly express yourself? Our unlimited Artful Wellness Membership gives you the ability to create and truly commit to your emotional wellness.

Our monthly membership provides you with unlimited class access, discounts on special programs and events, and a FREE Art Apron & Musical Egg Shaker to use at ANY of your desired programs.

ARTful Wellness Membership Includes:

- Unlimited Classes
- Exclusive Retail Discounts @ 10% off Retail Price
- 20% off Special Programs & Events
- 10% Discount on ALL Additional Memberships
- FREE Art Apron
- FREE quarterly printed brochure delivered to your door
- FREE Musical Egg Shaker

Email

We communicate many important details via e-mail. Please add info@c4creativeartstherapy to your contacts.

Questions?

Sometimes it's easier to talk to a person - please call C4C at 847-477-8244.



Adult Artful Wellness Membership
\$175 per month



Teen Artful Wellness Membership
\$175 per month



Child Artful Wellness Membership
\$325 per month

Discounts

Family Discount

10% off each additional family member.

Share the Arts

Refer a friend, receive a \$25 class credit.



Contact C4C

4336 Saratoga Ave., 2nd Floor

Downers Grove, IL 60515

P 847.477.8244

www.c4creativeartstherapy.com

info@c4creativeartstherapy.com

Special Events

Bullying Prevention

Learn how to talk with your kids about bullying, warning signs or bullying, how to support your child, and tips on supporting your school and community.

FRI | OCT 20 | 7:00PM-8:00PM

\$25 | FREE to Members

Connections

Fun event for adults focusing on "connection" using the arts!

FRI | NOV 17 | 7:00PM-8:00PM

\$25 | FREE to Members

Art Buffet

Enjoy a literal "Art Buffet" with friends and family! Explore different mediums of the visual arts, like painting, mask making, collaging, multimedia, etc. while enjoying upbeat music and delicious hors d'oeuvres.

FRI | DEC 15 | 7:00PM-8:00PM

\$25 | FREE to Members

Winter Art Retreat

Want to rejuvenate yourself for the new year? Come and explore artful wellness through the creation of a Vision Board, an Artful Yoga class, education on Essential Oils, Art Journaling session and expressive movement. Enjoy a catered lunch!

SAT | JAN 20 | 10:00AM-4:00PM

\$125 | \$20 OFF for Members

Love Our Differences

Through the transformative power of the Arts, we educate and inspire to create a better world. Gather together to embrace diversity, respect differences and actively reject hatred and prejudice.

FRI | FEB 16 | 7:00PM-8:00PM

\$25 | FREE to Members

Gender Equality

No one should be held back by negative stereotypes about who they are, who they love, or how they express themselves. Learn how to expand human dignity and freedom for us all through the arts.

FRI | MAR 16 | 7:00PM-8:00PM

\$25 | FREE to Members

Autism Support Night

In an effort to promote autism awareness, inclusion and self-determination for all, C4C offers a night of support and information for families of children with autism.

FRI | APR 20 | 7:00PM-8:00PM

\$25 | FREE to Members

Mental Health Awareness

Each year millions Of Americans face the reality of living with a mental health condition. Experience how the arts can support you and your family.

FRI | MAY 18 | 7:00PM-8:00PM

\$25 | FREE to Members

Terms & Conditions

The Center for Creative Arts Therapy (C4C) Artful Wellness Member Program (the “Program”) is a program of C4C. The Program is designed to offer benefits to C4C members who commit to a monthly autopay membership. By taking advantage of Program benefits, a Program participant agrees to the terms and conditions for the Program which are set forth below (these “Program Rules”). We may change these Program Rules; change, add, or eliminate Program benefits, or participating locations; or change or end the Program or any feature of the Program; in whole or in part, at any time, and without notice or compensation, even though such actions may affect rewards or benefits in the Program or your participation in the Program.

Health Policy

Providing a healthy environment for all participants in C4C is a priority to the organization. Therefore, C4C reserve the right to limit attendance at groups/series/events to participants, determined at our discretion, not to be a health risk to others. Participants suffering from infectious diseases, open wounds, persistent coughs or colds or other potentially transmissible health conditions are to cancel groups.

Past Due Accounts

Delinquent accounts will be charged a 7% fee following each semester/summer. CSA reserves the right to suspend or discontinue instruction of any student with a past due account.

Weather cancellations

CSA does not necessarily follow public school cancellations. When weather conditions are questionable, cancellation notification will be as follows: Classes—check CSA website at csa.wheaton.edu. Private Lessons—teachers will notify students.

Equal opportunity

CSA does not discriminate on the basis of race, color, age, nationality, sex, ethnic origin, or religious belief in its admission, financial aid or other educational policies.

Email

We communicate many important details via e-mail. Please add info@c4creativeartstherapy.com to your contacts.

Waiver and Release of All Claims and Assumption of Risk

Please read form carefully and be aware that in registering online/signing up and participating in the above identified programs/groups/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities associated with said programs/groups/activities.

The Center for Creative Arts Therapy (herein collectively referred to as C4C) it’s programs and activities in a safe manner and holds the safety of participants in high regard. See foresee continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant’s safety. However, participants and parents/guardians of minors registering for this program must recognize there is an inherent risk of injury when choosing to participate in activities/groups/programs.

You are solely responsible for determining if you or your minor child/ Ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, suffers from an underlying medical condition, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/ activities, and I voluntarily agreed to assume the full risk of any and all injuries, damages or losses, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/groups/ activities against C4C, including its officials, agents, volunteers and employees.

I have read and fully understand the waiver and release of all claims on this page and the refund policy. This waiver is completed and signed of my own free will.



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c4creativeartstherapy.com

Register Today!

C4CREATIVEARTSTHERAPY.COM

