

Art-Expression Group

at Psychological and Wellness Services

Pre-registration is required!

Contact PAWS at (253) 692-4522 or uwtpaws@uw.edu.

Express yourself through poetry, music, pottery, collage and more, and **connect with your peers** and **de-stress** through discussion and activity. Self-expression through art can **increase self-esteem** and allows us to connect with ourselves and others.

Group leaders are Doctoral Psychology Interns supervised by a licensed psychologist. All groups are free and confidential.

