

# Open my heart.

**An Art Therapy Group for Boys and Girls Ages 12–18 Who Are Experiencing Symptoms of PTSD (Post-traumatic stress disorder)**



## **We can help you:**

- Lower anxiety, depression and anger
- Express, show, and put an end to upsetting memories of traumatic events
- Build self-esteem
- Regain positive feelings toward your environment
- Gain social skills

## **Join us for this 10 week group!**

**Group meets Fridays from 3:00 – 4:00 pm**  
at Cornell Scott-Hill Health Center Child and Family Guidance  
428 Columbus Avenue, New Haven, CT 06519

Group led by Aida Quesada-Gomez, Clinician

Call **203-503-3055** for more information.



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[www.HillHealthCenter.com](http://www.HillHealthCenter.com) •   