



The Art of the Phoenix program started in 2015 to serve teenage girls rescued from trafficking. The program has since expanded to include boys and girls aged 11- 18 who are dealing with trauma and mental health issues.



What is Art of the Phoenix?

- These classes are experiential (learning by doing along with reflection on the experience)
- The lesson plans focus on managing emotions, learning art techniques, teaching art history, help working through traumas creatively, pursuing goals, and building self-esteem
- A referral form must be completed by any organization referring a client
- In order to be referred, clients must be involved in an organization providing youth services and case management
- Art of the Phoenix is a wrap-around service (provides support to organizations that already provide core social services)
- The focus of Art of the Phoenix is to empower youth in a safe space while fusing art and basic counseling tools to promote healing to help them reach their fullest potential





Art of the Phoenix is not...

- Group counseling
- A replacement for group or individual counseling
- Art therapy or arts-and-crafts class

Why is Art of the Phoenix beneficial?

- Helps with visualizing success
- Instills sense of hope for the future
- Teaches realistic goal-setting and celebrates achievement
- Provides tools for managing anxiety and impulsivity
- Guides clients to reach their fullest potential
- Develops confidence
- Builds a supportive community
- Empowers and grows respect for self

Class details

- Classes are conducted by a licensed mental health therapist and a masters level artist
- Classes are 90 minutes each, once a week, for 6-8 weeks with a two-week break between sessions and a summer break
- Classes are currently held virtually and may return to live sessions at The Armory after the pandemic
- In-services can be conducted at an organization to gain more information or for referrals

- **For more information, contact Brian Wood, LMHC**
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