

CREATING A WHOLE SELF ART THERAPY GROUP



A supportive group for VOALA parents to come together in a safe space focused on well-being, connection, and growth. Build meaningful relationships with other parents while learning practical tools for self-care, coping, and positive parenting. All guardians are welcome to join!

Morning Sessions

Starting September 24, 2025

for 6 weeks

10am-11am

hosted on Teams 

(for teams: to use on phone, download app. you do not need to create an account.)

Afternoon Sessions

Starting September 24, 2025

for 6 weeks

4:30pm-5:30pm

hosted on Teams 

(for teams: to use on phone, download app. you do not need to create an account.)

Facilitated by
Ilyse Lindsey, LMFT #155479 & ATR

Supervised by
Gaby Espinoza, LMFT #139028 & ATR-BC



Facilitated by
Amanda Ramirez, AMFT #133646 & ATR

Supervised by
Gaby Espinoza, LMFT #139028 & ATR-BC



No experience with art is necessary. Basic materials will be provided if needed.
Notify your FA if interested.