



SoulCollage®

SoulCollage® is a creative art process which invites us to tap into our own internal wisdom.

Creating SoulCollage® cards requires no artistic gifting, though many "discover" their inner artist through this fool-proof process!

Creating SoulCollage® cards as part of a workshop or therapy group is a fun and refreshing method for exploring your inner world.

Join us to explore this rich process!



Women's SoulCollage® Therapy Group

Join this welcoming group of women to explore the world of the Soul in a fun, relaxing environment of acceptance and mutual support. Women's SoulCollage® Group is a touch-point for self care, community, creativity, and growth. Meets twice monthly.

Teen Girls' SoulCollage® Therapy Group

Adolescents are bombarded with images and messages about who they "should" be, but many feel disconnected from themselves. SoulCollage® Teen Group is a space to reconnect; to discover who you are from the inside out. Take the time to process life with SoulCollage®, where you are the artist and director of your heart and soul. Meets weekly.

SoulCollage® in Individual Therapy

Traditional talk therapy accesses the left brain, where our language centers reside. Using SoulCollage® in therapy engages the imaginative right brain, which thinks with images, not words. When right and left brain work together, creative wisdom emerges. A few sessions of SoulCollage® can be a helpful compliment to your current individual therapy.



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A Psychological Corporation

ABOUT THE INSTITUTE FOR GIRLS' DEVELOPMENT

Girls and women face incredible opportunities and challenges today.

Here at the Institute for Girls' Development, we are dedicated to empowering girls and women through:

- Self-discovery
- Embodied Living
- Hardiness Skills
- Growth Fostering Relationships

We offer caring, comprehensive, and innovative programs and services for girls, women, families, and circles of community.

THERAPY AND COUNSELING SERVICES

- Individual, Family and Couple Therapy
- Group Therapy Programs
- Dialectical Behavior Therapy Programs
- Young Women's Programs
- New and Young Families Program
- Assessment Services

CENTER FOR EDUCATION PROGRAMS

- Workshops, Trainings, Presentations, Retreats and Consultation
- Summer Workshops (children & teens)
- Be R.E.A.L. (Relationships: Extraordinary, Authentic, and Loving)
- Embodied Living Workshops

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