



# ART THERAPY & ANXIETY

artmaking as a tool to  
release stress, increase  
calm, & re-center

## ADULT ART THERAPY SUPPORT GROUP

- Reduce anxiety & stress
- Explore anxiety through art
- New materials every week
- No art experience required
- Led by Summer Myers,  
Clinical Art Therapist

**Thursday evenings  
starting October 5, 2017  
7:00—8:30 pm**

**\$40 per session  
+ \$10 material fee**

**2716 Ocean Park Blvd #3075  
Santa Monica, CA**

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**Santa Monica • Manhattan Beach**

**SUMMER MYERS, MA**  
Clinical Art Therapist &  
MFT Registered Intern (#100335)

I enjoy helping those with depression, anxiety, faith crisis, LGBTQ issues, life transitions, and parenting & maternity issues. I believe in developing the strengths natural to each individual, tackling life problems from multiple angles, and using creativity for healing. Clients find me to be warm, genuine, and easy-going. I am under the supervision of Tracy Bevington (CA LMFT #53455).

