

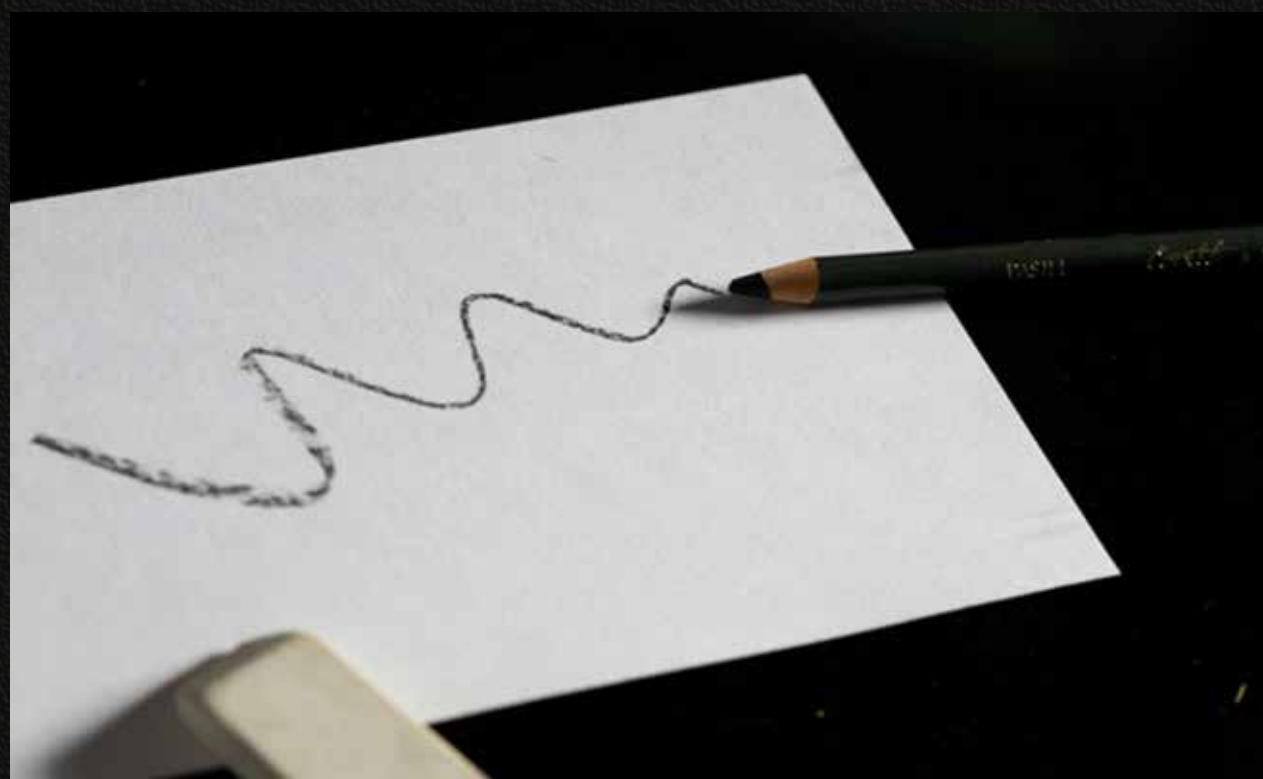
# Lauren Zeltzer | Art Therapist & Creativity Coach

## Online Creativity Group for Adults

I'm excited to offer an online, art-based wellness group to support adults navigating their lives and work in this rapidly changing world.

The group uses artmaking for:

- Self-regulation around world and life events
- Magical insights
- Enhanced connection
- Enhanced joy & creativity



Research shows that artmaking is a biological intervention and a “whole brain activity” where functions such as self-regulation, attunement and access to new insights can be activated (with no art skills needed – using whatever materials you have on hand.) Led by me, Lauren Zeltzer, LCAT, and modeled after my 15 years of experience leading art-based groups, including supported artmaking, followed by facilitated discussion.

Whether you are a skilled artist, consider yourself “anti-creative,” or are somewhere in between, this group is for anyone who seeks to uplevel their creativity to live their most fulfilling life with takeaway tools to access between and beyond the group. The online platform works especially well, allowing for choice to share your art (or not) and inspiration for accessing/inventing art materials from home.

Here's what recent participants said about the group:

“I'm continuing to use my art to find calm and insight since the group ended”

“I felt inspired by and connected with the other group members.”

“I noticed feeling more focused and calmer throughout my week.”

**ONLINE GROUPS** – 10 places available per group  
(Zoom link provided)

**GROUP 1** Wednesdays 6:00 pm – 7:15 pm • Oct. 5, 12, 19, 26

**GROUP 2** Tuesdays 12 pm – 1:15 pm • Oct. 4, 11, 18, 25

**COST: \$400** (includes a ½ hour meeting with Lauren before the start date; value \$125)

Please contact Lauren at [zeltzerlauren@gmail.com](mailto:zeltzerlauren@gmail.com) to sign up or with:

- Questions
- Preferred times for future groups if the above times do not work for you.
- Interest in individual sessions



Lauren Zeltzer is a board certified, Licensed Creative Arts Therapist, who is trauma-trained and experienced in leading art-based groups to enhance wellness. One of her superpowers is reconnecting people with their innate creativity, particularly when it's been invalidated, blocked, and shut down. Before starting her private practice in 2020, Lauren was a clinician at Weill Cornell Midtown Treatment Center, an outpatient substance abuse clinic, and the consulting art therapist for Northwell Health/ Phelps Memorial Hospital Hospice program.