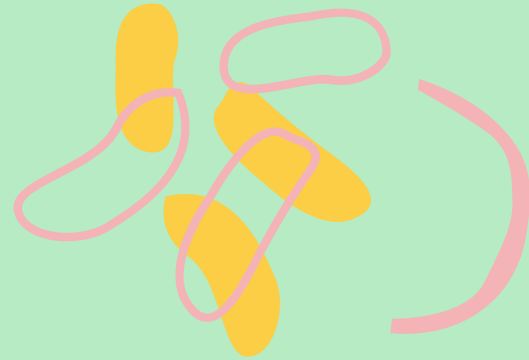


# ARTIST'S THERAPY GROUP

Struggling to balance work and creativity?  
Feeling isolated and uninspired?  
Stuck comparing your work to others?  
Conflicted about making art in times of turmoil?



*Explore these themes and more in this interpersonal therapy group open to all creatives.*



Jennifer Williams, LMFT#140224  
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David Heliotis, LPCC #12999  
[www.davidheliotis.com](http://www.davidheliotis.com)

Tuesdays 6:30pm-8:00pm in Berkeley  
starting Fall 2025  
\$100/week for 8 weeks  
plus 1-2 individual intake sessions

## FOR MORE INFORMATION

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