



How to Thrift!
class is in session!

all about cognitive behavior therapy (CBT)

what everyone
should know





halloween
face painting
on the cheap!



self help
books I
swear by

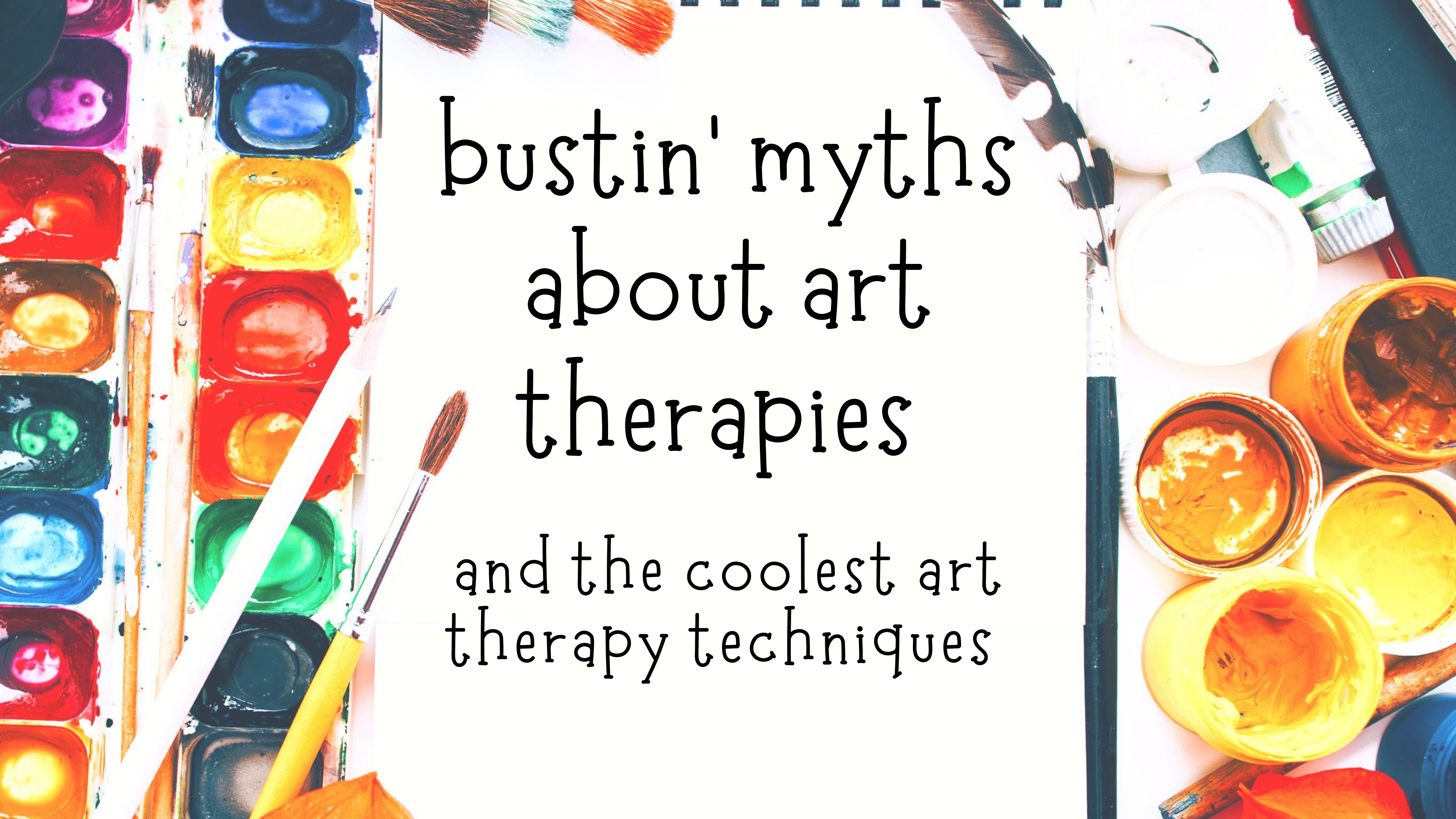


Is that vape pen or
dab pen dangerous?



Halloween Candy Cravings Kicking Your Butt?

it's time to kick back!

The background of the image is a collage of various art supplies. On the left, there are several watercolor palettes with vibrant colors like red, yellow, blue, and green. In the center, there are several paintbrushes with different bristles and handles. On the right, there are tubes of paint and small containers of paint in various colors. The overall theme is art and creativity.

bustin' myths about art therapies

and the coolest art
therapy techniques

Up Your Pumpkin Decorating Game
get super creative with pumpkins!





take holiday stress in stride
it starts with understanding



diverse & inclusive holiday decorating
ideas to include your kids





Gratitude Journal

giving thanks!
gratitude during the holidays!

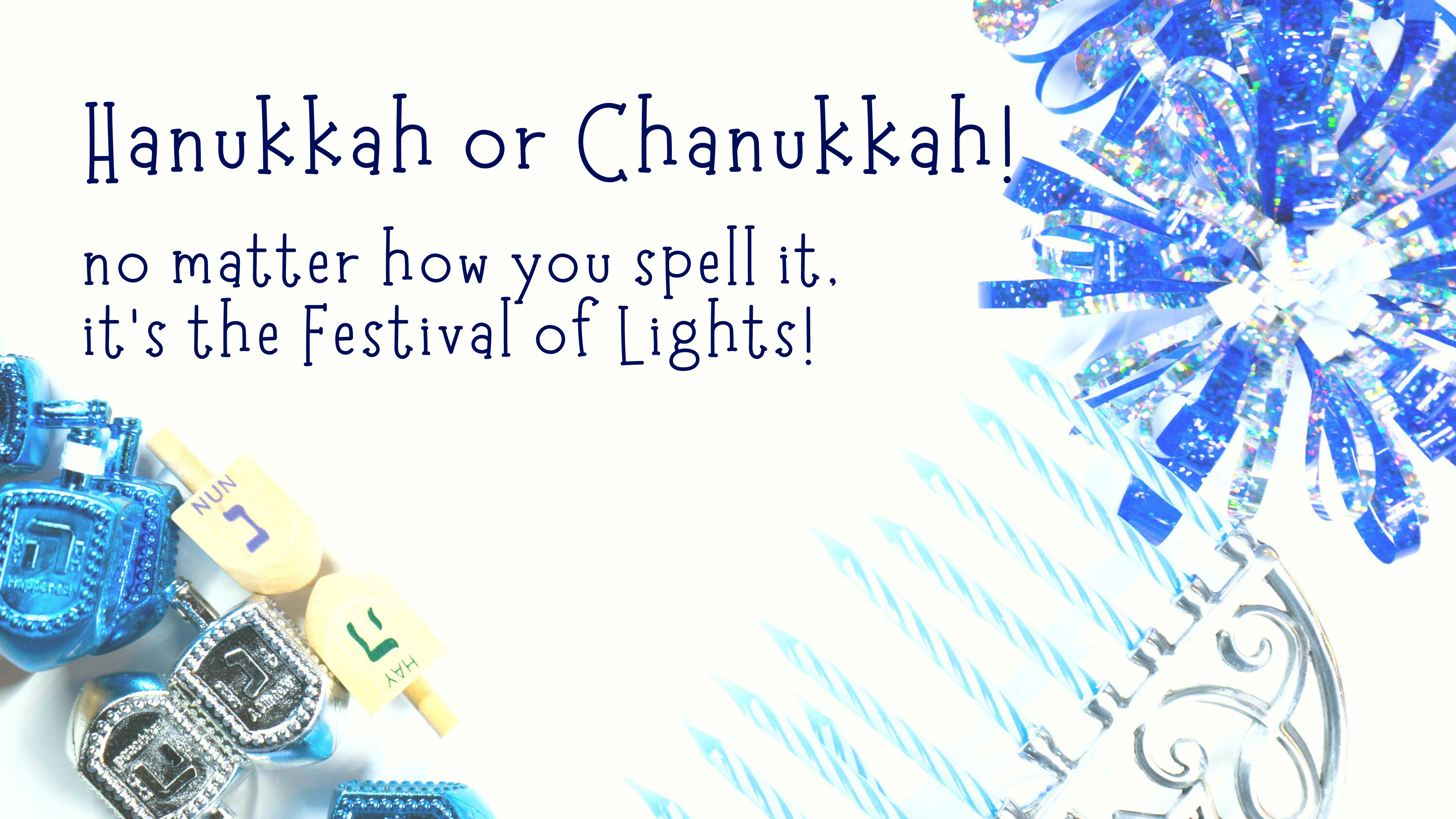
Make No Bones About It!

there's a difference between a
service animal and an ESA



Hanukkah or Chanukkah!

no matter how you spell it,
it's the Festival of Lights!





mask-making
as art therapy

it's about exploring
Who You Are