



WHERE ART IS OUR MEDICINE

Serving all ages and ability levels

Call us or email us for a
free consultation:

Shenandoah Art Therapy, LLC

www.shenarttherapy.com

540-255-1458

info@shenarttherapy.com

Services Offered

Art Therapy

Often, words are not enough to describe or make sense of what we have been through. Making art allows you to release and reflect in a healthy way.

Trauma Processing

Our brains need to process tough events in order to register that it still isn't happening. We can help you do that with safe and effective methods using art making, EMDR, or the ITR Method.

Groups & Workshops

Want us to come to you? Give us a call or email to arrange a group or workshop for your organization. Also, check out our website for on-site groups and more!

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