

# Expressive Women



Cornell Scott  
Hill Health  
Center

**An open group for any individual  
who identifies as female**



## **In this group you will:**

- Identify feelings, express emotions and increase awareness of your 5 senses through writing
- Explore personal and universal stories about being a woman
- Begin a journal while learning creative ways of writing including poetry, short stories, and lyrics
- Learn and practice mindfulness skills
- Learn about emotional, spiritual, physical, and cognitive development specifically for women

**Group held weekly at the  
Cornell Scott-Hill Health Center  
Adult Psychiatric Clinic  
400 Columbus Ave, New Haven**

**Wednesdays from 1–2 PM**  
*Starting March 1, 2017*

**For more information, contact  
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(203) 503-3071**

[www.cornellscott.org](http://www.cornellscott.org)   