

# Bridges Program

## *at Ravenwood Health*

Bridges is a creative arts therapy-based day treatment group for children and adolescents. Together, we address decision making, personal identity, goal setting, depression, anxiety, and childhood trauma up to—and including—a global pandemic.

If a child in your life could benefit from a trauma-informed and resilience-focused treatment group with opportunities to receive support from peers, and provide support to peers, we are here for them. And we are here for you.

### **Junior Bridges**

Ages 8-12

Tuesday and Thursday

4pm-6:30pm

### **Senior Bridges**

Ages 12-17

Monday, Wednesday and Friday

3:30pm-6:30pm



Nicole and Jared are both Certified Trauma Practitioners, accredited by Starr Commonwealth. Visit [starr.org](http://starr.org) for more info.

**Help for Today. Hope for Tomorrow.**



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Music Therapist/Coordinator  
Jared Hammond, MT-BC, CTP  
(440) 226-0206

Art Therapist/Licensed Counselor  
Nicole Riggle, LPC, CTP  
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