Movement for Mental Health

An opportunity for teens ages 14-18, offering self expression through movement, music and poetic spoken words.

Experience the positive effects of movement on anxiety and stress in a non-judgmental, inclusive and nurturing environment. No dance experience needed!

July 10-August 3
Tuesdays and Thursdays, 7:15-8:15pm
555 Burbank St, Unit N    Broomfield, CO  80020

Please register at www.danceartsstudio.org

As the first dance studio in the Broomfield area, with a commitment to community outreach for over 60 years, we are proud to offer these classes free of charge as our gift to the community.

Emily McNeil, LPC, BC-DMT, CIMI, IMH-E (IV):

Emily McNeil is a Licensed Professional Counselor and Board-Certified Dance/Movement Therapist. Emily owns The Mariposa Center for Infant, Child, and Family Enrichment, a pediatric mental health clinic in Denver, Colorado that provides trauma-informed creative arts therapy to children, teens, families, and community agencies across the Front Range. In addition to her clinical practice, Emily guest teaches at the university-level and provides local and national trainings on the topics of secondary trauma, early childhood and family trauma, reflective practice, and creative arts therapy. She provides reflective consultation and supervision to individuals and organizations, is a member of the WonderBabies faculty, and is the co-chair of Newborn Hope’s NICU Consortium. Prior to becoming a therapist, Emily performed with several grassroots modern dance companies in Colorado and on the east coast. She also has a background in musical theatre dance including roles in regional productions of Jesus Christ, Superstar and Chess.