

Expressive Self Arts & Wellness Youth Pathways

with Sarah Patterson, MS, NBC-HWC

CERASart Expressive Self Coaching

CURRENT OFFERINGS

SPRING 2026

~ A P R I L ~ WEDNESDAYS ~

Sunlight Studio (Day Cohort)

April 8th, 15th, 22nd, 29th

1:30pm - 2:30pm PST

Live ZOOM

Moonlight Flow (Night Cohort)

April 8th, 15th, 22nd, 29th

7:00pm - 8:00pm PST

Live ZOOM

~ M A Y ~ WEDNESDAYS ~

Sunlight Studio (Day Cohort)

May 6th, May 13th, 20th, 27th

1:30pm - 2:30pm PST

Live ZOOM

Moonlight Flow (Night Cohort)

May 6th, May 13th, 20th, 27th

7:00pm - 8:00pm PST

Live ZOOM

Cancellation & Refund Policy

- **Full Refund:** A full refund is available if the student cancels registration at least 14 days (two weeks) before the pathway start date.
- **Partial Refund:** If the student cancels registration within 14 days (two weeks) of the pathway start date, a 50% refund will be issued.
- **No Refund After Start Date:** Once the pathway has begun, **no refunds will be provided**, including for missed classes or early withdrawal.
- This policy applies to all learners, whether tuition is paid through **Charter Funds (PO)** or **private payment**.

Pathway Registration, Scheduling & Provider Policies

- Registration is handled through a Google Form, accessible on website:

<https://expressiveselfcoaching.com/youth>

- Sarah Patterson (Community Provider), owner of **CERASart Expressive Self Coaching** and facilitator of all **Expressive Self Arts & Wellness Youth Pathways** coursework, will cancel a pathway **only if minimum enrollment requirements are not met**. *See individual Pathways to learn minimum requirements.*
- The Community Provider will provide a schedule of semester-based calendar of available pathways, including dates of coordinated **on-site/in-person** offerings when applicable. This is accessible on website:

<https://expressiveselfcoaching.com/youth>

- The Community Provider does **not** offer prorated fee structures, refunds for missed sessions, or make-up dates/courses.

Arts & Wellness - Introduction | \$180 per student

4-week Foundation Course; available for Middle School Students, grade 8 and High School Students grades 9 - 12; serves as a prerequisite for High School 8-week and/or 12-week pathways. Weekly courses are hosted on ZOOM, 60-minutes in duration; offered synchronously, and video summary is made available to registered students who cannot attend live.

Through project-based exploration, students develop self-awareness, emotional regulation, empathy, and collaborative skills, establishing a strong foundation for future high school pathways. The course nurtures identity, agency, and a sense of belonging while fostering critical thinking, reflection, and communication through the lens of both art and personal growth.

Introduction Coursework, by Week:

1-Expressive Self Portrait

Experience expressive art as a tool for building emotional intelligence. Students will become familiar with Expressive Self Arts & Wellness pathways and gain access to curated tools and resources, including Artsonia, participation rubrics, and suggested supplies.

2-Dimensions of Wellness

Students are introduced to the dimensions of wellness, social drivers of health, foundations of humanistic expressive arts, and a brief history of the wellness industry.

Project-Based Learning: Illness-Wellness Continuum, Reconstructed

3-FLOW

Explore key ideas from positive psychology and neuroarts. Using concepts like Flow and the PERMA model, students will learn creative tools to support emotional well-being.

Project-Based Learning: Mindfulness Circle Art

4-Somatic Wisdom

Students explore how the brain supports emotional regulation, physical wellness, and body awareness through somatic experiencing. The course introduces three lesser-known sensory systems: vestibular, proprioceptive, and interoceptive.

Project-Based Learning: Bilateral Drawing

Arts & Wellness - Introduction | COURSE REQUIREMENTS:

- Arts & Wellness Introduction course is offered on a monthly basis at two different time/date offerings and is a prerequisite for the high school pathways A and/or B.
- Please indicate on Purchase Order with Charter School which Arts & Wellness Introduction course student will attend noting the time/date offering.
- Arts & Wellness Introduction course will be cancelled by Sarah Patterson if minimum enrollment is not met 1-week prior to start of course. **Minimum enrollment for Arts & Wellness Introduction course is 6 students.**