

Art of Self

A sex positive group therapy utilizing the arts in self-expression

A safe space to learn, discuss, and celebrate sexuality in positive and authentic dialogue, through art and experiential activities.

This space is for young adults (18–30) who are looking for a sex positive community and creative space to facilitate exploring who you are and intentionally learn about other perspectives. Through this dedicated space, everyone is welcome to explore topics they identify with, are curious about, or are just beginning to explore. This sex-positive, kink affirming space is for all relationships and respects all sexual identities.

Topics may include:

- Mythbusting (opening the conversation)
- Consent and ethics
(in monogamy and consensual non-monogamy)
- Masturbation
- Communicating with partners
- STIs/STDs (Mythbusting, education, and awareness)
- Kink and Fantasy
- Sexual Health Issues and Safe Sex Resources
- Understanding and Embracing YOUR Sexuality
- and more

Quest Counseling & Consultation Center
440 Science Drive STE 200, Madison, WI
608-567-4465



WHERE

**Quest Counseling & Consultation Center – Westside
440 Science Drive STE 200
Madison, WI**

WHEN

**Mondays, April 1 – May 20
5:30 p.m. to 7:00 p.m.
(8 weeks total)**

COST

\$30 per session

TO JOIN, CONTACT

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