

# GREENSBORO DANCE & DRAMA THERAPY

IS EXCITED TO ANOUNCE

## RAINBOWDANCE

GROUPS STARTING

ONLINE JANUARY 2021

SATURDAY	SATURDAY	TUESDAY
AGES 2-4	AGES 5-7	ADULTS
9:30AM	10AM	6:30PM

LEAD BY

## ANGELA WILEY

LCMHCS, LCAS, CCS, MAC, NCC, BC-DMT, RDT/BCT & CTTS

**INSURANCE / MEDICAID ACCEPTED**

**SLIDING SCALE FOR SELF PAY**

FUN  
CREATIVE EXPRESSION  
INCREASE CONFIDENCE  
SELF-REGULATION  
COMMUNITY  
MOVEMENT

Rainbowdance®, Boston Children's Foundation's attachment enhancing intervention for toddlers and preschoolers, encourages the experience of collective harmony through movement and songs. Rainbowdance is based on the teachings of Isadora Duncan, who taught young children self-regulation through dance, rhythm, singing and play. In Rainbowdance group, we learn the fundamentals needed to cope with school/work, stress, transitions and change in a fun social environment. The rhythmic content promotes self-esteem, self-regulation, empowers children and encourages the development of essential skills. The Adult Group utilizes the foundations of Rainbowdance while adapting it to fit the daily need of Adults.

**TO LEARN MORE & RESERVE YOUR SPOT**

**336 - 698 - 6723**

[www.dance-drama-therapy.org/training-education-workshops/rainbowdance/](http://www.dance-drama-therapy.org/training-education-workshops/rainbowdance/)