

**Through the combination of music, dance/movement, drama, digital media and art, the Creative Arts Program supports the potential for positive developmental outcomes for all individuals, especially those diagnosed with autism, cognitive functioning issues and medical conditions.**

The Creative Arts Program serves as a valuable force in helping individuals and families in therapeutic, rehabilitative, community or educational settings foster health, communication and expression.

Wesley Family Services bases autism treatment on the principles of Applied Behavior Analysis (ABA). Because we value quality service and evidence-based practices, our staff utilize data-based decision making, and positive, proactive strategies in treatment. Our organization is committed to continuous improvement in the services we provide, and we strive to make therapy enjoyable for every individual and learner. We hold ourselves accountable for treatment outcomes, and we support our clients in becoming more independent, responsible and caring members of the community.



**Creative Arts**



**Empowering People.  
Strengthening Communities.  
Transforming the Future.**

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.

Providing an innovative approach to therapy for children, youth and adults both with and without behavioral, social, psychological, communication, physical and motor/cognitive functioning issues.



**To get started, call  
412-342-2270**

[www.wfspa.org](http://www.wfspa.org)





## How Creative Arts Therapy Can Help

Creative arts therapies can help individuals with a behavioral health diagnosis or developmental delay to increase functionality in a number of ways, including but not limited to improved emotional processing, self-regulation, and social skills. In the Creative Arts Program, our skilled and talented staff conduct private, group, and family sessions.

Some of the many services available include:

- Music Therapy
- Music Instruction
- Rocks Bands
- Drama Therapy
- Therapeutic Dance and Movement
- Therapeutic Art
- Paint With Wesley
- Creative Corner
- Transition Aged Services
- Contract Opportunities with outside school districts and organizations.

In addition to the other therapeutic benefits, our Creative Arts staff make learning fun and rewarding,

“*The therapists are always positive, upbeat, and very flexible. They are willing to do whatever it takes to keep my child engaged, happy and having fun!*”

## Benefits of Creative Arts

- Socializing and building friendships
- Learning self-expression; enhancing creative play and imagination
- Providing positive outlets
- Improving the process of cause-effect problem solving; flexibility and response to change
- Fostering self-control and improving emotional self-regulation
- Maintaining attention and concentration
- Following multistep directions
- Promoting independence

especially when it can be adapted to the needs of any learner.

## What to Expect

- Child to staff ratio is dependent upon the individual needs of the children and group
- Group session duration varies based upon needs of group participants
- Private sessions are generally between 30 and 60 minutes in length
- Sessions are based on the principles of applied behavioral analysis (ABA) and music therapy
- Incidental and naturalistic teaching methods are all employed in all sessions
- Sensory, gross-motor, music, and movement activities are incorporated into sessions

## Where to Go

We offer Creative Arts at locations throughout the Pittsburgh region, including:

Monroeville

Wexford

Bridgeville

For more information about where our offices are located, visit [www.wfspa.org/contact](http://www.wfspa.org/contact).

## Creative Arts Pricing

### Group Music Therapy, 60 minutes

- \$30 prepaid, \$35

### Group Music Therapy, 45 minutes

- \$25 prepaid, \$27.50

### Private Music Therapy, 30 minutes

- \$42.40 prepaid, \$45

### Private Music Therapy, 60 minutes

- \$80 prepaid, \$85

### Dyad Music Therapy, 30 minutes

- \$37.50 prepaid, \$35

*\*Family discounts available for group and dyad services*

