

# CREATIVE ART THERAPY & RELAXATION GROUP



COME ALONG AND EXPRESS YOURSELF THROUGH THE GENTLE ART OF SELF CARE. NO ART SKILLS REQUIRED. IN OUR SESSIONS EVERY PICTURE, SCULPTURE AND COLLAGE WILL HAVE ITS OWN STORY TO TELL. THE THEMES FOCUS ON STRENGTHENING OUR INSTINCTUAL RESPONSES, BUILDING CONFIDENCE AND INSIGHT. IN THE PROCESS YOU WILL GAIN SELF KNOWLEDGE AND LEARN MORE ABOUT HOW YOU COPE WITH YOUR FEELINGS AND LIFE'S CHALLENGES.

FOR FURTHER INFORMATION PLEASE CONTACT

ANN ON 9528 2933 (EXT 104)

**DATES:** This group will run again  
during 3rd Term

**TIME:** TBA

**THIS IS A SEVEN WEEK PROGRAM**

The Shire Family Centre

90 Soldiers Road

JANNALI NSW 2226

(Ph) 9528 2933

(Fax) 9528 2633

(Email) [shirefam@ihug.com.au](mailto:shirefam@ihug.com.au)

