



Be Well Art Therapy Group

A 10-week creativity-based program aimed in helping women who are experiencing mental health challenges in their lives

Art therapy is a tool that can aid individuals in exploring and understanding their current circumstances through forms of expression such as *painting, clay, collage, movement, music, and drama*

Art Therapy provides a safe space to explore topics relating to general wellbeing

For further information please contact bewell@whfs.org.au or phone 6330 5400



womens health
& family services

Be Well
Art Therapy
Group

Wednesdays
10am – 12pm

27 Apr – 29 Jun

227 Newcastle St
Northbridge

No prior art
experience
necessary

All materials and
tools supplied

Womens Health &
Family Services
www.whfs.org.au