



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**

**8 Weeks –
Closed Group**

**10am – 12pm
12th October – 7th
December**

**No prior art
experience
necessary**

**\$50 donation
All materials
supplied**

**Womens Health &
Family Services
227 Newcastle
Street, Northbridge**

www.whfs.org.au