



Mourning in clay

- When:** Saturday, 17 November 2018
- Time:** 10am to 1pm
- Where:** Highett 3190
- Cost :** \$80
- Booking:** is essential. Book through [TryBookings](#)
- Enquiries:** Anne Riggs PhD Artist.
0417 526 636 ariggs@alphalink.com.au
- Information:** You are welcomed into my studio to explore, create and express your grief and loss. No art experience is needed. Basic materials and morning tea are supplied.

art for soothing
& strengthening

About you

You have experienced life-changing loss, and are mourning.

You may be grieving the death of a loved one, and would like to explore your feelings through art. You may want to create a piece that focusses on your loss, however, you might like to create a piece that celebrates the things you remember, miss or enjoyed about your loved one.

Death is one form of loss, yet we also experience many others throughout our life. Endings, illness and change are others. These feelings are hard to name and express; and mourning takes a long time. You might feel a bit stuck in your loss and grief and would like to explore these in clay.

About the group

Our groups are small, friendly and creative. Comfort is found in being part of a creative community with people who understand grief, and who are experiencing similar feelings.

You will be welcomed into my studio; where there is beautiful music, good coffee and nourishing snacks. I will guide you to create the artwork you want to make and assist as needed, so you can relax and immerse yourself into your art.

About me: Anne Riggs

I am a visual artist - a painter, drawer, maker. I work with clay, paper, photography, timber and mosaics too, and make hand made books.

I work creatively with people who have experienced trauma, loss and grief and have done this for many years. I love making art with patients and carers, as well as staff, and have done this at Peter Mac, BP Koirala Memorial Cancer Hospital (Nepal), MonashHealth, The Alfred Hospital, and in many other hospitals, clinics and community centres with people affected by mental and physical illness, trauma-related distress, dementia and grief.

My research into arts practice for recovery from the impact of trauma, loss and grief was awarded a PhD (2010) and Master's of Fine Art (2004).

I enjoy seeing participants flourish as they create, and hearing their stories of how happy and relaxed they feel creating art in my groups, and that this helped reduce feelings of anxiety, isolation and depression.

I invite you to look at my website anneriggs.com or Facebook (Anne Riggs) for more pictures and stories.

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