



Bereaved mothers art group with Anne Riggs PhD

When:	Wednesdays, 5 and 12 December.
Time:	10am to 1pm
Where:	Highett
Cost :	\$180 for two sessions, materials included
Booking:	is essential. Book through TryBookings
Enquiries:	You are welcome to call or email me. Anne Riggs PhD Artist 0417 526 636 ariggs@alphalink.com.au

Bereaved mothers are invited into my garden studio to explore, create and express their grief and love for their longed-for babies. **Art for Soothing and Strengthening** provides a shared creative space for groups of people processing grief, loss and trauma.

In the bereaved mothers groups you don't need to tell your story. Comfort can be found by just being in the presence of other bereaved mums, while immersing yourself in your own creative expression. Ongoing bonds may emerge.

Art experience is not necessary. Clay is provided, along with soothing music, good coffee, and a nurturing, supportive environment.

artforsoothing
&strengthening