



Grief & Loss

You are welcomed into my studio to explore, create and express your grief and loss. Art experience is not needed. Basic materials and morning tea are supplied.

- When:** Tuesday 27 November 2018
or Monday 3 December 2018.
- Time:** 10am to 1pm
- Where:** Highett 3190
- Cost :** \$80 each session, materials included
- Booking:** is essential. Book through [TryBookings](#)
- Enquiries:** Anne Riggs PhD Artist.
0417 526 636 ariggs@alphalink.com.au

The artwork on this flyer was created by Marion in a community art group I run for women who have been abused. The artwork will be installed at the Monash Medical Centre as part of a Mourning Wall we are creating with survivors.

art for soothing
& strengthening

About you

You have experienced life-changing loss, and are grieving. Death is one form of loss, yet we also experience many others throughout our life. Endings, illness and change. Feelings are hard to name and hard to express.

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. You just might like to be in a calm studio and enjoy creating in clay. You are free to create what you need to create.

Grieving 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

The *Art for Soothing & Strengthening* 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. I love making art with patients, families and carers, as well as staff, and have done this at Peter Mac, BP Koirala Memorial Cancer Hospital (Nepal), MonashHealth, The Alfred Hospital, in hospitals, clinics, community centres and privately with people affected by mental and physical illness, trauma-related distress, dementia and grief.

I work extensively with people affected by sexual abuse and family violence, and those who live with mental illness and addictions. 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 helps 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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Anne Riggs PhD