



For women affected by

sexual assault and/or domestic violence

When: Friday mornings, 1 February to 1 March 2019 (5 sessions)

Time: 10am to 1pm

Where: **Garden Studio, Sterling Avenue, Highett**

Cost : \$375; early bird \$350 (book by 22 January)

Booking: is essential. Book through [TryBookings](#)

Enquiries: Anne Riggs PhD Artist.
0417 526 636 ariggs@alphalink.com.au

Information: You will be welcomed into an enjoyable and safe space to learn skills and create with others with a shared interest. You don't need any previous experience to join. Basic materials and morning tea are supplied.

About You:

You have been hurt by others through sexual abuse and/or family violence.

The idea of art making and exploring your creativity is a bit exciting. And creating art in a group with others who will understand you gives you comfort (even though it might be a big nerve-wracking at first!).

You might have seen, or are seeing a therapist to help you make sense of what has happened to you, and now you are ready to join a community group, do something you really want to do, and have a lovely time with others in a similar situation.

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 have many years experience working creatively with people who have experienced trauma, loss and grief - particularly with women who have been abused: as children, in their teens and adulthood. Much of my work has been running groups with organisations such as SECASA and Connections. I received a PhD (2010) for my research into arts practice in recovery after sexual assault, I also have a Master's of Fine Arts Degree.

I have enjoyed observing participants flourish as they create, and hearing participants tell me how being in our groups helps reduce feelings of anxiety, isolation and depression.

If you would like to see pictures or read about some of the projects I run - including similar groups to these, work with students here and in Nepal, and with other community groups, I invite you to look at my website anneriggs.com or Facebook (Anne Riggs).

Anne Riggs PhD

artforsoothing
&strengthening