



Bereaved parents art group with Anne Riggs PhD

- When:** Saturday mornings 30 March
6 April
27 April
4 May
25 May
1 June
- Time:** 10am to 1pm
- Where:** garden studio Highett
- Cost :** \$90 per person, per session, materials and morning tea included
- Booking:** is essential. Book through [TryBookings](#)
- Enquiries:** You are welcome to call or email me.
0417 526 636 ariggs@alphalink.com.au

Bereaved parents 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 parents groups you don't need to tell your story. Comfort can be found by just being in the presence of other bereaved parents, 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