



For women affected by

## sexual assault, domestic violence, and/or mental ill health

**When:** Friday mornings, 26 April to 24 May 2019 (5 sessions)

**Time:** 10am to 1pm

**Where:** **Garden Studio, 7 Sterling Avenue, Highett**

**Cost :** \$375; early bird \$350 (book by 18 April)

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

**Enquiries:** Anne Riggs PhD Artist.  
0417 526 636 [ariggs@alphalink.com.au](mailto: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 will not be asked to share your trauma experiences, although in time, you may want to. We enjoy positive and general conversations.

You don't need any previous experience to join. Basic materials and morning tea are supplied. Groups are on-going in 5-week blocks.

**art**forsoothing  
&strengthening

## **About You:**

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 worked creatively for many years with people who have experienced trauma, loss and grief, and those with mental illness - 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 for work I did about the impact of war.

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](http://anneriggs.com) or Facebook (Anne Riggs).