

What's on in July?

Creating art with a highly skilled artist can help you through your most difficult times. Art making is really good step to exploring your experiences and how you feel about them; through this work you can often find the story, and the words to tell your story. It is powerful. And it is relaxing.

FOR WOMEN AFFECTED BY SEXUAL ABUSE and /or DOMESTIC VIOLENCE.

Friday Mornings : 10 am-1 pm.

A gentle creative workshop with others who have a shared experience of suffering.

You will be welcomed into a creative and safe studio space to learn skills and create with others who have a similar experience and interests. You will not be asked to share about your trauma, 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. **Book** directly through Anne 0417 526 636

FOR THE CARING PROFESSIONS : Thursday 18 July, 10-1 or Saturday 27 July 10-1

A super relaxing and nurturing time for those who spend their work lives nurturing others. You don't need any previous experience to join. I have lots of materials, and ideas to share. Basic materials and morning tea are supplied. **Book** through [TryBookings](#).

Upcoming dates : the last Saturday of each month until the end of the year, and occasional weekdays.

GRIEF & LOSS: Saturday 3 August 10-1

Guided studio time for rest, contemplation and expression of grief and loss. Loss encompasses so much more than death, such as, separation, unmet dreams, illness, a changed life. Spending time with your experiences and feelings in a creative space can give you insight, as well as time to recharge. **Book** through [TryBookings](#).

ART AFTERNOONS : for people with a mild disability who are on an NDIS plan

Tuesdays 4-6 and Thursdays 3-5 pm

Studio time! A place to chill out and explore different materials and ways of making art. You don't need any previous experience to join. Basic materials and afternoon tea are supplied. Groups are on-going in **5-week blocks**. **Book** directly through Anne.

By appointment

GRIEF & LOSS: two hour creative time for people wanting to express about loss and grief.

GRIEF & LOSS for bereaved parents and families special time for parents grieve and express about a much loved baby who has died.

TRAUMA : for people affected by sexual abuse and/or domestic violence.

Contact me directly 0417 526 636

Further information

- Booking is **needed** to confirm your place for all programs
- Most programs are run at my studio in Highett.
- I am a **registered NDIS provider**. You or your clients may be able to include *ART for Soothing & Strengthening* as part of an NDIS plan. Feel free to contact me to discuss any specific needs.
- You may wish to organise a group for a particular group of people - I welcome the opportunity to tailor something special to meet your needs.
- Those affected by crime may be able to include *ART for Soothing & Strengthening* as part of a VOCAT claim.