

## What's on in August?

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.

### **GRIEF & LOSS:** Saturday 10 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. Time with your experiences and feelings in a creative space can give you insight, as well as an opportunity to recharge. Book through [TRYBOOKING](#)

### **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.

#### **By appointment**

**GRIEF & LOSS:** two hours 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.

**MANAGING the roller coaster of emotions, anxiety and pain after a cancer diagnosis.** Two hours creative time for soothing and calm.

### **FOR THE CARING PROFESSIONS : Saturday 24 August 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. Upcoming dates : the last Saturday of each month until the end of the year, and occasional weekdays. Book through [TRYBOOKING](#)

### **CERAMICS AUSTRALIA OPEN STUDIOS. 17 and 18 August**

Really thrilled to be part of the open studios this year - and its my first time! Do come and see my work, check out the studio and the groups and sessions that I offer. If you are interested in purchasing work, I have a card facility here now.

**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.