

## What's on in October and November?

I am offering a range of programs here in my studio for women affected by trauma; for hard working caring professionals who need a bit of relaxing time out, for those wanting to explore and express grief and loss.

If you would like to organise some one-on-one creative time, please contact me directly to arrange a suitable time. I will be taking a break during the last two weeks of November.

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

#### **Tuesday and 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.

### FOR THE CARING PROFESSIONS : **Saturday 26 October 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 [TRYBOOKING](#)

### GRIEF & LOSS: **Monday 28 October 10-1. Hand made concertina books**

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.

Handmade books are beautiful ways to tell your story. After making the books, you can fill the pages using collage, watercolour, or drawing. This is time with your experiences and feelings in a creative space can give you insight, as well as an opportunity to recharge.

**Monday 11 November. Working with clay.** A wonderful material to express and explore your grief and loss - and feel relaxed at the same time.

Book through [TRYBOOKING](#)

### By appointment : one on one sessions, or small groups.

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

**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.

**NDIS** tailor-made programs to assist participants meet NDIS goals.

## Training

I offer professional development training in working creatively with clients/resident who  
have experienced trauma, grief and loss;  
are in aged care;  
or are facing life ending or life changing illness.

This practical training gives you tools and insights to assist your clients live a meaningful life in the midst of life-changing situations. It gives you new ways of thinking about your role and capacity to bring comfort and joy into what are challenging and distressing situations.

## Further information

- Booking is **essential** to confirm your place for all programs
- Most programs are run at my garden 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.
- Affiliate member of the Australian Psychological Society, and member, Australian Centre for Grief and Bereavement.

## About You:

The idea of art making and exploring your creativity is a bit exciting. You might be well at the moment and feeling it would be great to do something relaxing. However, you may not be, and are looking for something soothing that will help you express yourself, whatever that might be, or will help keep anxiety or pain at bay.

## 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. I run arts programs for the South Eastern Centre Against Sexual Assault, was artist residence at Peter Mac and also in a cancer hospital in Nepal., and taught for many years on a BA Community Mental Health and AOD course, as well as in many institutions and communities in Australia, India and Nepal. Much of my work has been running groups with people who are dealing with some of life's toughest situations - like illness, trauma, and loss.

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 enjoy 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).