

FOOTPRINTS ART THERAPY GROUP



 Starting Date: To Be Confirmed

 Time: To Be Confirmed

 Location: 31 Thomas Street,
West End - Downstairs Group
Room

What is Art Therapy Group?

This Art Therapy Group is an interactive group and uses art to find elements of balanced healing which is unique to you, to be present in the world of "Now". Art Therapy is an approach that is non - threatening and does not require any artistic skills. It is predominantly a non- verbal form of communication. It is not an art painting class.

What to Expect

- Art Therapy Group is a 6 week group, facilitated by Louisa – Art Therapist and a Support Facilitator
- 2 hours duration
- Creatively explore various art making media / modalities and activities, to foster your grounding kit.
- Develop new ways of seeing, sensing and being in the world.
- Empower change to your recovery journey.
- Uncover procedures of healing.

What We Expect from You

- Be open to engage and be involved in Art Therapy activities for 6 weeks
- Attend on time and stay for the duration of the group sessions.
- Treat others and self with safety, respect, choice, collaboration, and in a non-threatening manner.
- Allow your creative known and unknown insights, resources and capacities to broaden, strengthen and grow.
- Assist in communal art material tidy up at end of each session.

Eligibility

- Live in Inner North and South Brisbane Area
- Aged between 18 and 65
- Experience Mental health Challenges

For more information contact:

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