

Art Therapy

FOR ADULTS

Sick of hearing the same old story, the same problems? Do you often feel stuck; life lacks flow and nothing seems to change? Do you feel stressed and anxious and have trouble regulating your emotions? Is there too much loneliness in your life?

Minnawarra House will be running an Art Therapy Group for Adults. The basis of the group is stress, anxiety and regulating emotions with room to explore issues that arise within the safety of working in a group.

*Art Therapy is a marvellous tool for creating new insights and perspectives in a gentle explorative manner. It **requires no artistic ability** – yes that's right – no artistic ability is required to participate in the Art Therapy Group. All that you need is a degree of willingness to participate, to try something new and 'just give it a go' kind of attitude. There are no errors in Art Therapy; you cannot do it wrong – how marvellous is that?*

Activities in this group range from Zentangle for stress, personal mandalas to explore our place in the world, cardboard figures exploring relationships, mask making and body mapping to check in with the wisdom held within our bodies.

Please contact Minnawarra House on **9497 1413** to register for this group.

PLACE

**Minnawarra House
24 Numulgi St, Armadale**

DATES

**Thursdays
18th October - 13th December**

TIME

12.30-2.30pm

COST

\$10 per week



PH: 9497 1413