

A Creative Arts Adventure



"Participating in this program offered me a real and rewarding chance to have my experiences validated, honoured and shared. Arts therapy empowers you to access your emotional experiences and find a voice for the 'you' you are now." Previous Participant.

Are you ever curious about your own experiences, feelings and reactions? Do you experience moments of not quite knowing? Come on this creative arts adventure for a glimpse into the unknown.

You are invited to explore, discover, create and share—a creative arts adventure to support you in your own journey. You will enjoy a practical and enriching workshop in a safe and supportive space with others, in which you can explore your own life experiences using the arts as your language. In this workshop the arts processes are the friends, the helpers, the speakers for you and your inquiry. No particular artistic skills are required; the value is in the process and your discoveries.

This program has a therapeutic focus and while it includes many processes in the arts, it is not 'art classes'. The group will be comprised of women who have had an experience with breast cancer.

This six week program will utilise creative arts therapy processes, presented by a professional creative arts therapist experienced in group facilitation, and it is expected that participants attend the entire six week program to gain maximum benefit. Three separate groups will run throughout the year. The sessions run once a week for three hours.

- Time:** Thursdays 9.30 am to 12.30 pm
Location: Meet at Mater Private Breast Cancer Centre
Registration: Please telephone Mater Private Breast Cancer Centre on 07 3163 1166 for program dates, further information and to register your attendance. (Numbers are limited to 10 per group)

Kindly supported by



Free parking is provided, along with morning tea/light refreshments.