

CREATIVE CONNECTIONS

Art and Craft workshops

Join our Creative Connections series, where you'll engage with skilled Family and Carer Peer Workers and Family Clinicians who bring both professional expertise and personal experience. This series is dedicated to carers, offering a supportive space to explore self-care and well-being, reflect on your strengths, and envision future goals. Each workshop fosters a sense of community, providing opportunities to connect with fellow carers and share experiences in a nurturing environment.

Session#1 25 October Tree of Strength & Aspirations

Carers engage in a mindful creative exploration of themselves, reflecting on strengths and aspirations through the process of joining nature and art. Attendees will craft symbolic trees through the use of artistic expression.



Session#2 29 November Creative Reflections - An expressive approach to journaling

Through sharing meaningful quotes and creative processes, participants embark on a journey of self-expression, encouraged to continue adding thoughts and reflections over time, fostering relaxation and self-discovery.

Time:
12:45pm - 2:45pm

Location:
healthAbility Eltham. 917 Main Rd, Eltham VIC 3095

Any questions, please contact:
Phone: 8850 4136
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RSVP essential