



Create and Connect

Art therapy group



Creative Spirit Arts Therapy presents

CREATE AND CONNECT, a weekly art therapy group at Mitcham Community Centre on Thursdays at 1.30pm - 3pm.

If you're feeling a bit stuck maybe it's time to try something different. Art can access parts of us hidden from our logical, noisy minds. Connecting with our creativity has the potential to unearth our hearts desire. Are you ready for an adventure?

If you or your client would like to participate in this weekly group, please call: Lauren on 0415 809 892 or email creativespiritartstherapy@gmail.com to book your place. Sessions will run for Term 3 - 15 July - 16 September 2021.

All art materials provided. No artistic skill required.

NDIS plan managed and self managed participants welcome