



*Creative
Spirit
Arts
Therapy*

Create and connect group for mental health

in Blackburn North, Victoria.

Wednesdays 1.30-3pm, Term 1 2023 beginning 1 February to 5 April.

“Art making provides a way to express emotions, represent experiences and can uncover patterns of behaviour that might be keeping you stuck. The insight discovered can awaken the ability to make change, giving you the power to move forward in your life.

The qualified therapist will companion you along the way, holding a safe space for you to inquire and to discover your potential.”

Please contact Lauren to book your place on 0415 809 892, email creativespiritartstherapy@gmail.com or visit the website, creativespiritartstherapy.com.au

NDIS Participants welcome.

All art materials provided. No artistic skill required.
Creative Spirit Arts therapy is a registered NDIS provider.

