

# Arts Group for Women

@ POINT COOK SPECIALIST ROOMS

## **About the arts group for women**

This arts group is for women aged 18+ who would like to use art and their own creativity to maintain or improve their physical and emotional health and wellbeing in a safe, relaxed and informal setting.

The group sessions will focus on using a variety of arts media and arts therapy techniques to facilitate and promote: self expression, relaxation, self discovery, and integration of experiences.

## **What will be covered in each group session?**

Each group session will focus on a particular theme or topic. Participants will be guided to explore this theme through a selection of art materials and creative processes.

Every group session will include time for: art making, reflection, journalling and/or sharing.



### *Some topics covered in the arts group:*

- emotions
- relationships
- identity
- finding your voice
- feminine power
- values
- the body
- art product as mirror

## **Do I require any skill prior to attending this group?**

No ART SKILL is required to participate in this group. The arts focus of the group is not on developing art skills, even though this may happen!

Each participant will be given equal opportunity to share their art, their insights and reflections.

All ideas and interests of group participants will be highly encouraged!

## **By participating in an Arts Therapy group you will:**

- Reconnect with your creativity
- Explore and express yourself more fully
- Discover your authentic self
- Develop healthier self esteem
- Promote greater self acceptance
- Release endorphins
- Balance emotions
- Improve immune system functioning
- Engage body, mind, heart & soul in problem solving
- Participate in an enjoyable and fun activity!

## **Arts groups in 2015**

Commencing Monday 13th April @ 10.30am - 12.00 noon and continuing fortnightly for 8 group sessions (\$480). Early bird discount of \$440 if paid before March 30th 2015.

\*Concessions available at early bird price.

## **About Nyrelle Bade, Arts Therapist**

Registered Professional Arts Therapist with ACATA (Australian Creative Arts Therapies Association Inc.). Registered Allied Health provider with DHS, FRMP, and with the National Disability Insurance Scheme - Provider No. 89949044.

For further information or to reserve your place contact the friendly reception staff on 03 8383 6888 or email Nyrelle directly on [nyrelle@nyrellebade.com.au](mailto:nyrelle@nyrellebade.com.au)

## Point Cook Specialist Rooms

225-229 Sneydes Road Point Cook  
M-F 9.00am - 6.00pm Phone: (03) 8383 6888