

APRIL  
**13**



# EXPRESSIVE ARTS GROUP



## Point Cook Specialist Rooms

Monday (fortnightly) 10.30am - 12.00noon

For **WOMEN** aged 18+ who would like to use art and their own creativity to increase their emotional and physical health and wellbeing using a variety of arts therapy techniques to facilitate and promote: **self expression, relaxation, self discovery** and **integration** of experiences.

**NO ART SKILL REQUIRED!** All art materials provided.

Facilitated by Nyrelle Bade, Registered Arts Therapist Prof MACATA.

For enquiries: [nyrelle@nyrellebade.com.au](mailto:nyrelle@nyrellebade.com.au) 0402 423 532

Bookings: 8383 6888 [www.nyrellebade.com.au](http://www.nyrellebade.com.au)