



ART THERAPY

Art therapy is a creative method of self expression used as a therapeutic technique to help improve mental health and wellbeing.

The art therapy sessions are held in a safe and comfortable environment facilitated by a qualified and experienced Art Therapist. All art materials are supplied and **no art experience is necessary.**

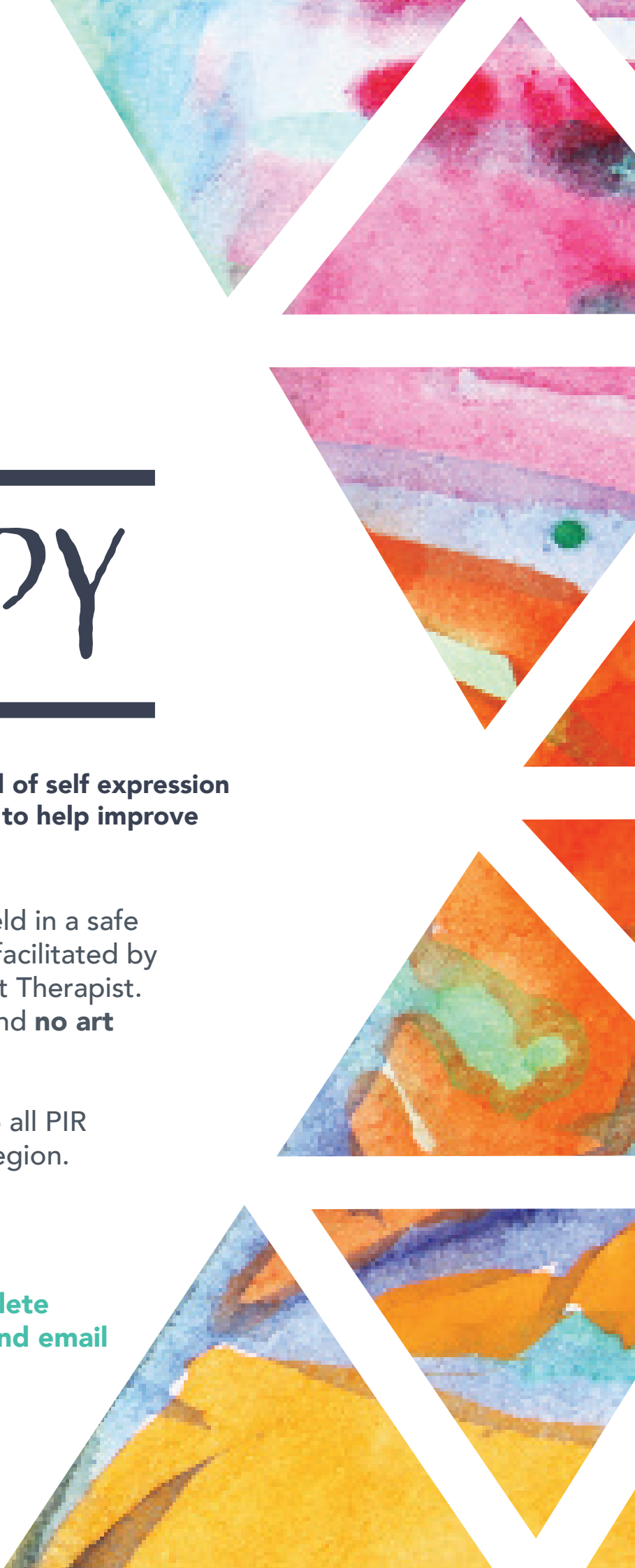
The workshops are available to all PIR participants in the Wide Bay Region. Workshop details overleaf.

HOW DO I GET INVOLVED?

To participate please complete an Expression of Interest and email Helen Halford

E helen.halford@rfq.com.au

M 0407 381 572



WORKSHOPS

WORKSHOP 1

ADDRESS

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WORKSHOP 2

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WORKSHOP 3

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WORKSHOP 4

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WORKSHOP 5

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A solid blue rectangular box redacting the address for Workshop 5.

WORKSHOP 6

ADDRESS

A solid blue rectangular box redacting the address for Workshop 6.

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