



COORDINATED BY RICHMOND FELLOWSHIP  
QUEENSLAND, BRISBANE SOUTH PARTNERS  
IN RECOVERY (PIR) IN PARTNERSHIP WITH  
MIFQ & AFTERCARE

# 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 Brisbane South Region. Workshop details overleaf.

## HOW DO I GET INVOLVED?

**To participate please complete an Expression of Interest and email Rina Koita**

**E [Sabrina.koita@rfq.com.au](mailto:Sabrina.koita@rfq.com.au)**

**M 0455 112 282**



# WORKSHOPS

Sessions run from 9:30am - 3:00pm  
Starting at 10am.

## WORKSHOP 1

FRIDAY  
9 FEBRUARY

**MEMORY THREADS**  
QUEEN ALEXANDER HOUSE  
347 Old Cleveland Road, Coorparoo

## WORKSHOP 2

MONDAY  
12 MARCH

**CREATIVE JOURNALING AND ALTERED BOOKS**  
BROOKRED BEENLEIGH  
20 Main St, Beenleigh

## WORKSHOP 3

FRIDAY  
13 APRIL

**SELF REFLECTIONS**  
HEADSPACE CAPALABA  
1/29 - 37 Moreton Bay Road, Capalaba

## WORKSHOP 4

THURSDAY  
3 MAY

**COLLAGE CARDS FOR SELF-COMPASSION**  
MT GRAVATT COMMUNITY CENTRE  
1693 Logan Road, Mt Gravatt (Burnies Centre)

## WORKSHOP 5

MONDAY  
4 JUNE

**DREAMCATCHERS**  
SPRINGWOOD COMMUNITY CENTRE  
55 Cinderella Drive, Springwood

## WORKSHOP 6

THURSDAY  
28 JUNE

**ART THERAPY FOR HEALING & MANAGING ANXIETY**  
LOGAN ARTIST ASSOCIATION  
27 Coral St, Loganlea

To participate please complete an Expression of Interest and email  
Rina Koita E [Sabrina.koita@rfq.com.au](mailto:Sabrina.koita@rfq.com.au) M 0455 112 282