

## New Mothers Art Therapy Program

**Who:** A group for new mothers who are experiencing postnatal depression and are struggling with anxiety and depression and the transition into motherhood. Participants do not need to be artistic or creative, as the exercises encourage self-expression and are designed to help mothers explore creatively the changes to their lives as a result of becoming a mother.

**Content:** The New Mothers Art Therapy Program utilises creative processes and therapeutic group work to help new mothers increase insight, cope with stress, work through traumatic experiences, increase cognitive, memory and neurosensory abilities, improve interpersonal relationships and achieve greater self-fulfilment.

It helps them to access the unconscious and to express feelings and emotions that are difficult to put into words. They creatively express and explore feelings about the changes in their life as result of becoming a mother and discuss their finished artworks in the facilitated group discussion which helps to universalise experience and break down isolation.

The New Mothers Art Therapy program gives the new mothers a chance to meet other new mothers in a supportive and confidential environment where they can discuss issues that have made them unhappy and unable to enjoy their baby.

**When:** A six week half-day group held on Wednesdays throughout the year.

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

**9468 0177** or email [dayprogram.intake@healthscope.com.au](mailto:dayprogram.intake@healthscope.com.au)

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