

Art Therapy Day Program

Who: Art Therapy is a program designed for adults with a wide range of mental health challenges who are interested in using creative expression as a starting point for therapeutic exploration.

No creative experience or talent is required to benefit from this program.

Content: The purpose of Art Therapy is for participants to learn about themselves through creative expression and therapeutic group work. Engaging in creativity, reflecting on how you feel while making your art and finding meaning in the resulting art work is deemed important to making meaningful, life enhancing change.

Through the process of Art Therapy group work, participants can expect to:

- Gain insight
- Make sense of feelings and reactions they don't yet have the words to explain
- Come to understand and make meaning of their personal experiences
- Catch sight of that which has been buried or blocked out but which impacts on their lives and recovery
- Get in touch with their personal strengths and resources
- Connect with others and develop confidence socially.

When: This is an open group that runs every Monday and Thursday.

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 Northpark.dayprogram@healthscope.com.au

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