



Sharing stories, finding solutions

KWP presents

Art therapy workshop

As you move further into 2021, there are important opportunities to reflect on the previous year, what has changed, what you want to take with us and what you want to leave behind.

You might be concerned about changes in your relationships, how you spend your time, what worked best to get you through the hard times, or what is most important to you now.

This workshop will use a mix of art forms to pay attention to your own questions and encounters and experience art therapy approaches to reflection, vision setting and self-care.

Some art materials and instructions will be mailed to you prior to the workshop. You do not need to participate in anything you do not want to and no experience in art making is required.

Alisoun is an expressive arts therapist, she is a non-Aboriginal woman with a strong commitment to Aboriginal communities and organisations and broader work in mental health, disability, women's safety and services for people impacted by imprisonment.

Workshop details

When: Friday 26th February

Time: 10.00am - 12:00pm

Registration is a must.

We'll share the zoom ID on the day.

KWP workshops are free and open to all Aboriginal women

Places are limited, please register by contacting our Koori Women's Place team on 9244 3333 or kwp@djirra.org.au

1800 105 303

www.djirra.org.au

 @DjirraVIC

 Djirra

 DjirraVIC

