



Sharing stories, finding solutions

KWP presents Art therapy workshop

Have you ever been curious about arts therapy? You have wanted to try it but are not sure it's for you? We invite you to follow your curiosity and learn how creativity can help us to harness the power of curiosity itself.

Arts therapy can help us to approach our experience in a spirit of curiosity and enquiry. This session will be a guided process with opportunities to immerse deeply in your own process of art making. You will be guided by Alisoun Neville, an expressive arts therapist from Crayons and Stuff. Alisoun is a non-Aboriginal woman and former Djirra worker. She has 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.

The workshop is for anyone who wants to support their mental wellbeing through creativity. No art making skill or experience is necessary and all materials are included.

Workshop details

When: Friday 7th October

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

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