



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 18th November

**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](mailto:kwp@djirra.org.au)

1800 105 303

[www.djirra.org.au](http://www.djirra.org.au)

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