



Art Therapy Group

Led by Louise Mustard

Art Therapy is a facilitated process of self-exploration through creativity. Anyone can benefit. The focus is on the process not the product.

Art Making is a direct and holistic mode of expression. It engages the sense and shifts the focus away from the rational mind, allowing you to connect more fully with the physical emotional and spiritual aspects of yourself and the unconscious patterns that drive you.

When you step aside from your habitual groove of thinking a new story begins to emerge, helping you to tap into your own inner wisdom and knowing and leading much greater self-awareness.

A six week group commencing on 11th August and then weekly each Friday

Time 10:00am to 1:00pm (Morning tea provided)

Venue MIFWA Midland
Level 3, 9 The Avenue, Midland

No direct cost for eligible participants:

People with NDIS Plan – Service booking needs to be made with MIFWA

People eligible for Carers Respite – Do you have someone who identifies as a Carer who would benefit from a break from caring while you attend this course. Carer details will need to be provided.

RSVP Places are limited. Email info@mifwa.org.au or call Alexandra Urbanski on 9237 8900.