

Mindfulness Art Therapy Group

Mondays from 10:00am – 12.00pm

Monday 25th July to 29th August

6 weeks



BWGHC will be running a 6 weeks art therapy group for empowering women and girls within our community.

*We will be exploring a calm, relaxing and meditative creative art therapy process for all to come and join in. *No artistic ability or experience is required.*

light morning tea will be provided during the sessions.

Booking is essential due to limited spaces, Covid19 measures.

Please don't hesitate to contact us for joining the group:

Address: 6 Prince Street, Blacktown NSW 2148 Phone: 02 9831 2070

Email: info@womensandgirls.org.au Website: www.womensandgirls.org.au

