

# International Women's Day Art Therapy – March 2023

Blacktown Women's and Girls' Health Centre



We explored Zen  
Mindfulness Collage  
Painting for IWD.

Listening to inner  
emotions and the colours  
that bring peace of mind.

Women explored  
different aspects of  
themselves, nature and  
society and what it's like  
to be a woman.

*Susan Baxter:*

*Art Therapist*



