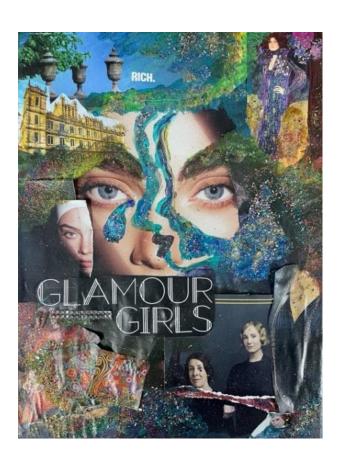
International Women's Day Art Therapy – March 2023

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

