



Blacktown Women's and Girls' Health Centre

6 Prince Street, Blacktown NSW 2148 | P: 02 9831 2070 | F: 02 9831 2344

E: info@womensandgirls.org.au | W: www.womensandgirls.org.au

My Feelings Matter Art as Therapy Series

Tuesdays 12:30pm— 2:30pm,

Program starting 4th February till 8th April

Come join a holistic arts and craft session to promote self-care,
mindfulness and alleviate stress!

Week 1: Strands of Memory 1

Week 2: Strands of Memory 2

Week 3: National Flower

Week 4: Air dry Clay

Week 5: My Strengths

Week 6: Indigenous Art

Week 7: Self Care Collage

Week 8: Symbols of Hope Bookmarks

Week 9: Tree of Life Group Painting

Week 10 : Gratitude and Glimmers



Please ring our reception on 9831 2070 and book your spot!

Please Note: There is no onsite parking for clients or visitors.