



Blacktown Women's and Girls' Health Centre

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My Feelings Matter Art as Therapy Series

Tuesdays 12:30pm— 2:30pm,

Program starting 29th April till 1st July 2025

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

Week 1: Jewellery Making

Week 2: Jewellery Making p2

Week 3: Healing Hearts

Week 4: Healing Colours

Week 5: Watercolour Seascape

Week 6: Paper Mache Hearts

Week 7: Tie Die Tote Bags

Week 8: My Feelings Matter Vision Board

Week 9: Self-love Postcard

Week 10 : I am Proud of myself



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

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