



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 22nd July till 23rd September 2025

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

Week 1: Finger Paint Portraits

Week 2: Release and Let Go

Week 3: Inner Dialogue

Week 4: Nature Collage

Week 5: My Support Network Web

Week 6: Words of Encouragement

Week 7: My Mandala

Week 8: Pieces of Us FOR RUOK day

Week 9: My Strength Shield

Week 10 : Symbolic Garden



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

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