



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 14th October till 16th December 2025

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

Week 1: Reframing the Narrative

Week 2: Gratitude & Beauty

Week 3: Strength & Resilience

Week 4: Totems

Week 5: Cultivating Joy

Week 6: Trust & Connection

Week 7: Reclaiming Power

Week 8: Forgiveness & Release

Week 9: Creativity & Expression

Week 10 : Integration & Moving Forward



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

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