



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 3rd February till 31st March 2026**

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

Week 1: Arriving Safely

Week 2: Breathing with Art

Week 3: Mindful Mark-Making

Week 4: Observing Thoughts Gently

Week 5: Mindful Colour

Week 6: Hands as Anchors

Week 7: Mindful Choice

Week 8: Compassionate Presence

Week 9: Integration



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

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