



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 28th April till 30th June 2026

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

Week 1: Safe Place Collage

Week 2: Tree of Strength

Week 3: Emotion Colour painting

Week 4: Compassion Collage

Week 5: Safety Shields

Week 6: Who I Am Mandala

Week 7: Gratitude Garden

Week 8: Circles of Support

Week 9: Values Compass

Week 10 : Hope Lanterns



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

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