



Child and Parent Centre
Calista



4Families - Creative Journey



In this art-therapy based hands-on workshop series we will be connecting through art making, mindfulness and gratitude activities.

Learn self-care tools to restore your inner balance, self-awareness and emotional connections within yourself and the world around you.

No previous art skills or experience required. 4 sessions.

Thursdays, 9.30am to 11.30am

13th and 27th May, 10th and 24th June 2021

**Booking
essential**

Delivery by Art therapist Helen from Relationships Australia

To book, please phone 6164 0500.

Child and Parent Centre – Calista, Harlow Road

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