



Penrith Women's
Health Centre
Established 1987

CREATE 'N' GROW



FIND EMOTIONAL HEALING THROUGH ART IN A SUPPORTIVE VIRTUAL SPACE. OUR ART THERAPY SESSIONS USE MINDFUL CREATIVITY TO HELP YOU COMPASSIONATELY PROCESS FEELINGS, REDUCE ANXIETY, AND BOOST OVERALL WELLNESS.

TUESDAYS

TIME: 12:30 PM - 2:30 PM
7 WEEKS (DURING SCHOOL TERM)

COST

ONE OFF \$20 FEE FOR YOUR
ART SUPPLIES

LOCATION

ONLINE



Facilitator: Adele, Art Therapist

CALL TO BOOK YOUR SPOT
(02) 4721 8749

FOR MORE INFORMATION, EMAIL ADELE.COUNSELLOR@PWHC.ORG.AU