

# CREATIVE CONNECTIONS

## Art and Craft workshops

Join our Creative Connections series, where you'll engage with skilled Family and Carer Peer Workers who bring both professional expertise and personal experience. This series is dedicated to carers, offering a supportive space to explore self-care and well-being, reflect on your strengths, and envision future goals. Each workshop fosters a sense of community, providing opportunities to connect with fellow carers and share experiences in a nurturing environment.

### Session#1 19 February

#### Tree of Strength & Aspirations

Carers engage in a mindful creative exploration of themselves, reflecting on strengths and aspirations through the process of joining nature and art. Attendees will craft symbolic trees through the use of artistic expression.



### Session#2 19 March

#### Creative Reflections - An expressive approach to journalling

Through sharing meaningful quotes and creative processes, participants embark on a journey of self-expression, encouraged to continue adding thoughts and reflections over time, fostering relaxation and self-discovery.

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**Time:**

12:45pm - 2:45pm

**Location:**

Lilydale Lake Community Room - 435A Swansea Rd, Lilydale VIC 3140

**Any questions, please contact:**

**Phone:** 8850 4136

**Email:** [chuck.cheng@accesshc.org.au](mailto:chuck.cheng@accesshc.org.au)



**RSVP essential**