

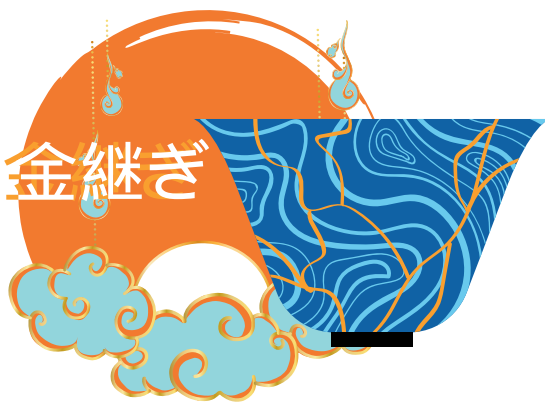
CREATIVE CONNECTIONS

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 28 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 28 March A Beautiful Mess

Inspired by the Japanese art of Kintsugi, carers are invited to mould a pinch pot or coil pot out of clay, to symbolise love and hope. This is to symbolise the reshaping of past experiences into a brighter future, embracing imperfections as part of their beauty.

Time:

11:45pm - 2:45pm

Location:

healthAbility Eltham - 917 Main Road, Eltham 3095

Any questions, please contact:

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RSVP essential