

Re:SPECT

utilising the visual arts, journaling
and mindfulness,
explore themes relating to
emotions, values and identity
as you move towards
healing and recovery



*A space to
Pause, Express,
Connect and Thrive*

**A 6-week creative art therapy group
for women
recovering from family violence**

Participation is free
All art materials will be provided
No artistic skills necessary!!

BOOK NOW:

Andrea 03 9856 1500 Andrea.deRauch@doncare.org.au
Ursula 03 9896 6392 Ursula.Pethica@anglicarevic.org.au

**Tuesdays
10:00am – 12:00pm
During Term**

Suite 4, Level 1, MC2
687 Doncaster Road
Doncaster 3108