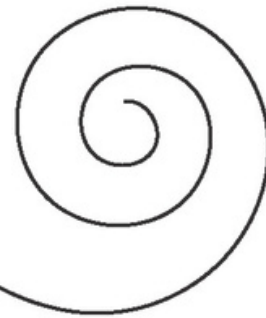


## Re:SPECT

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](mailto:Andrea.deRauch@doncare.org.au)  
Ursula 03 9896 6392 [Ursula.Pethica@anglicarevic.org.au](mailto:Ursula.Pethica@anglicarevic.org.au)

**Tuesdays**  
**6 February - 12 March 2024**  
**10:00am - 12:00pm**

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

## You Matter!

A 6-week creative art therapy group  
for teens aged 13-18 years who are living  
with, or have lived with, family violence



Learn to let go of  
what you can't change

In a safe space that  
encourages listening and caring  
you can:

Improve self-confidence and self-esteem  
Learn about healthy relationships  
Form new friendships

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

**BOOK NOW**

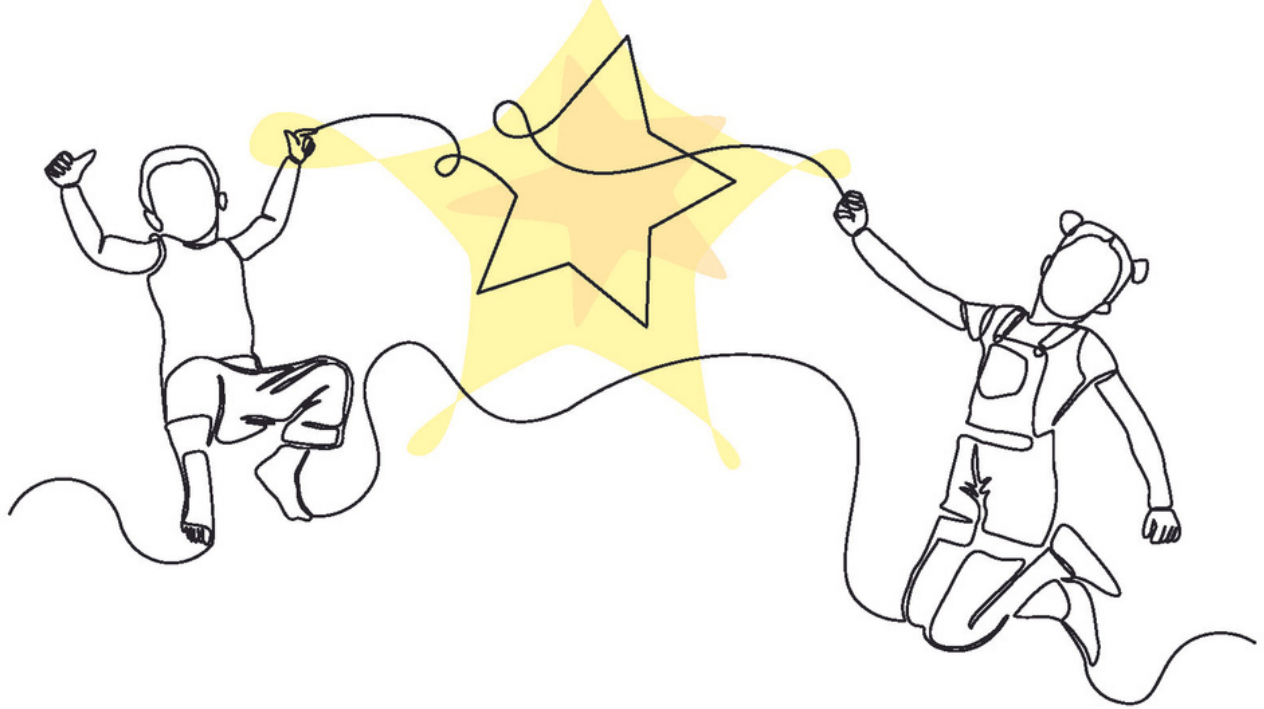
Iva 03 9856 1500 [Iva.Pfeiffer@doncare.org.au](mailto:Iva.Pfeiffer@doncare.org.au)  
Ursula 03 9896 6392 [Ursula.Pethica@anglicarevic.org.au](mailto:Ursula.Pethica@anglicarevic.org.au)

**Tuesdays**  
**13 February - 19 March 2024**  
**4:00pm to 6:00pm**

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

Shine and Thrive through Art and Relaxation, for Kids

## S.T.A.R. KIDS



A 6-week art therapy group for kids in grades 4, 5 and 6,  
who have experienced or witnessed family violence

**Get creative, express self, have fun**

**Gain self-confidence and increase self-esteem**

**Learn to manage emotions**

**Make new friends**

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

**Tuesdays**  
**4:00pm to 6:00pm**  
**Call for dates**

**BOOK NOW**

Iva 03 9856 1500 Iva.Pfeiffer@doncare.org.au  
Ursula 03 9896 6392 Ursula.Pethica@anglicarevic.org.au

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



# S.T.A.R. KIDS

## Shine & Thrive through Art & Relaxation, for Kids

A 6-week art therapy group for kids in grades 4, 5 & 6, who have experienced or witnessed family violence

- **Get creative, express self, have fun**
- **Gain self-confidence and self-esteem**
- **Learn to manage emotions**
- **Make new friends**

*In a fun, safe and supportive space that encourages listening and caring*

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

## BOOK NOW

Iva 03 9856 1500 [Iva.Pfeiffer@doncare.org.au](mailto:Iva.Pfeiffer@doncare.org.au)  
Ursula 03 9896 6392 [Ursula.Pethica@anglicarevic.org.au](mailto:Ursula.Pethica@anglicarevic.org.au)

**Tuesdays**  
**30 April - 4 June 2024**  
**4:00pm - 6:00pm**

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





## **Re:SPECT**

The Women's Re:SPECT program utilises the visual arts, journaling and mindfulness for self-expression, to explore themes relating to emotions, values and identity and move towards healing & recovery.

### **A Space to Pause, Express, Connect & Thrive**

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

- Experience self-acceptance and growth in a safe and supportive environment
- Connect and share with other women who have had similar experiences
- Break free from self-blame and fear
- Reconnect with your personal strengths, your power and wisdom
- Move forward and celebrate the future

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

**BOOK NOW**

Call: Anglicare on 9896 6395  
Email: [trakeast@anglicarevic.org.au](mailto:trakeast@anglicarevic.org.au)

**Tuesdays**  
**25 July - 29 August 2023**  
**10:00am - 12:00pm**

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

Learn to let go of what you can't change  
and take control of what you can



# You Matter

## A Space to Pause, Express, Connect & Thrive

**An opportunity for teens to express themselves,  
their feelings & experiences through the creative arts**

*A creative art therapy group for teens aged between 13-18  
years who are living with or have lived with family violence*

- **Improve self-confidence and self-esteem**
- **Learn about healthy relationships**
- **Form new friendships in a safe space that encourages listening & caring**

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

## **BOOK NOW**

Call: Anglicare on 9896 6395  
Email: [trakeast@anglicarevic.org.au](mailto:trakeast@anglicarevic.org.au)

**Mondays**  
**13 November to 18 December 2023**  
**4:00pm to 6:00pm**

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



## CONFIDENT & CONNECTED

**For gender diverse, non-binary and teen girls to connect with others and develop confidence communicating their feelings and needs.**

**Participants will be supported to explore:**

- Experience of emotions in the body
- Responses to conflict
- Communication of feelings and needs
- Needs for connection
- Strengths and developing self-confidence

**Wednesdays, Term 2, 2022**

**4:00pm - 5:30pm**

**Cost: \$40 for 4 sessions**

***(\$20 for concession or health care card holders)***

Weekly sessions will be held at our Doncaster office  
Suite 4, Level 1 Manningham City Square 687 Doncaster Road, Doncaster VIC  
*Participants must be between 11 to 14 years old. Maximum of 8 participants.*

**BOOK NOW**

Call: Mo Borghetto on 9856 1500

Email: [counselling4@doncare.org.au](mailto:counselling4@doncare.org.au)





## You Matter

### **A Space to Pause, Express, Connect & Thrive**

*An opportunity for teens to express themselves,  
their feelings & experiences through the creative arts*

**A creative art therapy group for teens aged between 13-18  
years who are living with or have lived with family violence**

- **Improve self-confidence and self-esteem**
- **Learn about healthy relationships**
- **Form new friendships**
- **In a safe space that encourages listening and caring**

**Thursdays**  
**12 August - 16 September**  
**4:00pm – 6:00pm**

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

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

## **BOOK NOW**

Call: Sonia on 9856 1500  
Email: [sonia.tomasiello@doncare.org.au](mailto:sonia.tomasiello@doncare.org.au)