

## 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  
4:00pm to 6:00pm**

Suite 4, Level 1, MC2  
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