

Art Therapy for Mums

**This FREE 6-week program
is for local Mums.
No artistic experience
required.**

Art therapy is a creative form of psychotherapy and allows for thoughts and feelings to be expressed that are sometimes hard to verbalise.

It's time for you, Mum.

- Facilitated by a La Trobe University Master of Art Therapy student.
- All art materials and afternoon tea provided.

Dates: Tuesdays - 9th, 16th, 23rd, 30th September & 7th, 14th October
Time: 1.00-2.30pm
Where: ParentZone Hub
75 Army Road, Pakenham



Register:
scan the QR code
[or click here](#)

Enquiries:

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See www.dss.gov.au for
more information.