



# Create and Connect

An 8-week art therapy group for women who have experienced family violence.

This group provides a safe space to explore thoughts and feelings creatively, process experiences and journey with others. Art therapy uses the creative process of making art as a safe way to represent your inner experiences and work towards healing.

- Connect with peers
- Build self-esteem
- Find hope and rest

Don't worry, no artistic skill is required at all! The groups are capped at 8 women.

**When:** Tuesdays, weekly during Term 1 (6<sup>th</sup> of February- 26<sup>th</sup> March 2024)

**Time:** 12pm - 2pm

**Cost:** Free. Art supplies provided. Free child care available on site.

**Where:** Waratah House, City of Whitehorse  
(accessible via public transport; address provided on registration)

**Referrals:** [FVPrograms@crosswaylifecare.org.au](mailto:FVPrograms@crosswaylifecare.org.au) or 9886 3899

Partnership:



**CROSSWAY** LIFECARE