

Women's Creative Arts Therapy Workshops



These workshops invite you to gather together within community in an intimate and supportive environment where you can connect with your inner Self, and with other women. You will be presented with an opportunity for creative exploration, expression of Self and personal development in a safe and non-judgemental space. These sessions offer a time to support each other through personal experiences and transitional periods, and foster a sense of women's solidarity. Group work offers us the chance to gather strength, resources and insight from our community and helps us to understand the gifts of journeying with others. Although there will be opportunities to share with the group, you only need participate to your comfort level.

Using creative, expressive processes, and a variety of artistic mediums, we will safely explore the symbology and meaning of our inner and outer worlds. Sessions will include guided meditation, art making, individual exploration, sharing circle and personal meaning making. Arts Therapy is a valuable practice for exploring, understanding, integrating and transforming our emotions, issues and experiences. For those who have difficulties with verbal expression, Arts Therapy offers a less confronting and more relaxing experience.

Note: No former art experience necessary

2010 Women's Creative Arts Therapy Workshop Days

Location: Northcote (Near Westgarth Train Station)	Day: Thursday evening
Date: 11 th March	Time: 7:30 - 10pm

Cost: Therapeutic workshop with refreshments served afterwards:
Individual workshops: \$30/\$25 concession

Note: Bookings are necessary as places are limited

Contact: Email: sian@joyofliving.com.au

Ph: 0414 607 052

Website: www.joyofliving.com.au

Facilitator: Sian Hiley (BA Psychology, Dip. Transpersonal Art Therapy) is a qualified Arts Therapist and member of the Australian Counselling Association (ACA), and is also currently undertaking studies in Dance-Movement Therapy. Sian is the creator of Joie de Vivre Counselling and facilitates Arts Therapy workshops and private Holistic Counselling sessions in order to inspire personal growth and offer enriching experiences for her clients. Sian is passionate about assisting people on their journeys of personal development, creative fulfilment, self-expression and self-healing through the Arts.