

ART THERAPY

AT DARLINGHURST

8 WEEKS
STARTING

28

MAY 2024



Funded by

phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative



LILLY PILLY
counselling

ABOUT THIS GROUP

Art therapy is a psychotherapeutic approach that uses creative expression and conversation to foster insight and personal growth.

Our wonderful Art Therapist, Pensri, provides a safe and supportive environment that enables participants to explore their inner selves through art and reflection.

She encourages individuals to experiment with various materials and techniques without requiring any prior experience or skill.

MEET THE GROUP FACILITATOR



With over 15 years of experience, Pensri has worked with adults, young people and children from diverse backgrounds, including those facing challenges associated with: grief and loss, trauma, neglect, abuse, mental

and physical illness, substance abuse, neurodiversity, and disabilities.

THE DETAILS



11:00am - 12:30pm Tuesdays
8 weeks starting May 28, 2024



Darlinghurst Community Space
277 Bourke St, Darlinghurst



FREE
For eligible participants

RSVP & MORE INFO



Pensri: 0402 622 645



Pensri: artpsychotherapystudio@gmail.com

TO SECURE YOUR SPACE

Eligibility criteria:

Severe and persistent mental illness (not currently receiving NDIS funding).

This group is open to self referral or referral by clinician or support person using the link below:

<https://phncesws.redicase.com.au/#!/referral/create>

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