

# ART THERAPY

AT SUTHERLAND

8 WEEKS  
STARTING

16

OCT 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, Larisa, 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



Larisa has an interest in trauma, how the body carries unprocessed life experiences, as well as the role of body-centred therapeutic practices and expressive therapeutic approaches in healing. Her approach focuses on increasing

self-awareness to our inner sensory and emotional world that contains the essence of our responses to life challenges.

## THE DETAILS



**10:00am - 11:30am Wednesdays**  
8 weeks starting October 16, 2024



**South Sydney PTS**  
Suite 2, 2a/16 Boyle St, Sutherland



**FREE**  
For eligible participants

## RSVP & MORE INFO



**Larisa:** 0414 405 019



**Larisa:** [larisazilenkov@live.com.au](mailto:larisazilenkov@live.com.au)

## 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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