

ART THERAPY

AT KENSINGTON

8 WEEKS
STARTING

28

FEBRUARY
2025



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, Amy, provides a safe and supportive environment that enables participants to explore their inner selves through art and reflection.

Amy always strives to meet each client exactly where they are at and provide a warm, welcoming and inclusive environment. She encourages individuals to experiment with various materials and techniques without requiring any prior experience or skill.

MEET THE GROUP FACILITATOR



Amy Goldman-Kaplan began her career freelancing in Creative Arts Program Design for galleries, museums and theatres. Amy has been passionate about using art as therapy in many different settings spanning the last 16 years including

Rites of Passage work, indigenous communities, schools, disability care, women's spaces, mental health groups, leadership training and personal development pathways.

THE DETAILS



10.30am - 12pm Fridays
8 weeks, starting February 28, 2025



**Kensington Park
Community Centre Hall 2**
1 Day Lane, Kensington



FREE
For eligible participants

RSVP & MORE INFO



Amy Goldman-Kaplan: goldman_amy@hotmail.co.uk

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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