

Create 'n' Grow

A virtual mental health and wellness group, inspired by art therapy.

This program was developed to gently introduce you to art with purpose.

The goals of this program: creatively process feelings, reduce stress or anxiety and increase self-compassion.

TUESDAYS

12:30PM - 2:30PM

Starting 4th July 2023

Where

ONLINE

More Information

- One off \$20 fee
- Art supplies provided
- Ages 17 - 117
- No artistic skills are required



Bookings are essential as numbers are limited.
Please contact PWHC reception.

(02) 4721 8749
hello@pwhc.org.au