



Penrith Women's  
Health Centre  
Established 1987

# CREATE 'N' GROW



FIND EMOTIONAL HEALING THROUGH ART IN A SUPPORTIVE VIRTUAL SPACE. OUR ART THERAPY SESSIONS USE MINDFUL CREATIVITY TO HELP YOU COMPASSIONATELY PROCESS FEELINGS, REDUCE ANXIETY, AND BOOST OVERALL WELLNESS.

---

## MONDAYS

**TIME:** 10:30 AM - 12:30 PM  
7 WEEKS

---

## COST

ONE OFF \$20 FEE FOR YOUR  
ART SUPPLIES

---

## LOCATION

ONLINE



*Facilitator: Adele, Art Therapist*

CALL TO BOOK YOUR SPOT  
**(02) 4721 8749**

FOR MORE INFORMATION, EMAIL [ADELE.COUNSELLOR@PWHC.ORG.AU](mailto:ADELE.COUNSELLOR@PWHC.ORG.AU)