

## Art-tive

A safe and inclusive space where every woman is an artist. Whether you're curious about creativity or just looking for connection, this group is all about exploring, sharing and making art together. No experience needed.

A relaxed, self-directed environment where you can try new techniques, meet new people, and express yourself through art.

## What to Expect

All art materials are supplied, including recycled & repurposed items

You'll be free to explore your creativity at your own pace - think painting, mindful stitching, collage, & more

We start with a warm welcome & a short creative activity to help us connect

Gentle support throughout, with a calm & caring space

When: 1pm - 3pm, 11th November 2025 Where: Penrith Women's Health Centre Cost: Free (Donations Appreciated)

Call to book your spot

02 4721 8749

