

SOUNDS OF THE PSYCHE

# ART THERAPY WORKSHOPS



DRAWING • PAINTING • MEDITATION

**Bookings Essential - Tuesdays & Thursdays 2:00PM - 5:00PM**



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Brought To  
You By:



LOGAN WEST



# EXPLORE EMOTIONS WITH CREATIVITY

DRAWING • PAINTING • MEDITATION

## What will you do?

- This class is designed by art teachers and health & wellness therapists in alignment with the NDIS requirements for maintaining and improving mobility and movement, and building interpersonal skills for capacity building and daily living goals.
- Be inspired by artists, artworks and ideas – and share thoughts and impressions in a group setting.
- Explore new media and techniques in 2D and get spontaneously creative while listening to meditative musical arrangements and sound therapy.

✓ All Materials Provided – Just bring yourself – all tools and materials are supplied.

✓ Light Refreshments Provided – Tea, Coffee & Juice Available

## Where Are The Art Classes?

Logan West Community Artshare Alliance (LWCASA) Orr Street, Hillcrest QLD 4118. Parking and accessible amenities available onsite.

## Integrated NDIS Access Activities

- Capacity Building
- Social & Community Participation
- Employability skills
- Facilitators are NDIS Worker Screened
- Qualified Allied Health Therapist

## Need NDIS Support?

Talk to us about support workers, if you need support to attend and work – we have our own support workers provided by a registered NDIS provider – Horizon Community Services. Contact us to find out more. Send us an email via [info@artz.au](mailto:info@artz.au) or call us on 0449 578 655. Or contact Horizon directly. [Visit their Website](#) for more information

## Questions?

Email: [info@artz.au](mailto:info@artz.au)

Call/Text: 0449 578 655

## How to Book: Contact Us

All Students Must Be Assessed Prior to enrolment. Complete Intake Form, Service Agreement, Secure Term Seat \$650pp Materials Charged Separately.

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