



Day: Wednesdays or Fridays

Location: The Art Therapy Studio,  
Royal Talbot Rehab Centre,  
1 Yarra Blvd, Kew 3101

No art skills or experience required!

Cost for individual sessions\*: \$193.99 per  
hour

Cost for 8 x 2 hour group sessions\*: \$1,134

\*this program is available through NDIS Core  
Supports or Capacity Building

## Community Art Therapy Group

This program is open for people with physical and mental health challenges and is designed to improve health and wellbeing through Art Therapy. It includes two-hour sessions for eight weeks, with each session utilising a different therapeutic theme. Theme examples include relaxation and fun, emotions and thoughts, grief, loss, treasure box of hopes and dreams, to name a few.

This program provides a safe and compassionate environment while allowing you the space to:

- have fun
- develop and practice creative skills
- gain support and improve social connections
- express and process life challenges



This is a closed group, only the registered participants will be at each session. All art materials will be provided for these professionally facilitated therapeutic sessions, along with tea and coffee.



Scan the QR code for more  
information and registration  
details or email  
[sandra.hatton@austin.org.au](mailto:sandra.hatton@austin.org.au)