

# ART THERAPY



The Women's Cottage is pleased to offer Art Therapy as part of our Group work program. Art therapy is a free group open to women who live, work or study in the Hawkesbury area. You don't need to have any artistic skills to join this group. Please come along and let our experienced art therapist guide you through a process of self expression.

**WHEN** : Wednesday 's during school terms

**TIME** : 10.30am to 12.00pm

**WHERE** : Hawkesbury Leisure and Learning centre

**Group run by Joan Bell - Art Therapist**

**For more information** and to reserve your place in this group please call Women's Cottage on 4578 4190. Child Minding is available when booked through the Cottage.

