

# IDENTITY & CONNECTION

A puzzle is made up of small pieces that come together to create a big picture.

In this process, participants are asked to put a visual representation of themselves on to a large piece of puzzle using a variety of art mediums.

As participants finish in the group we connect the puzzle to symbolise how our community is broaden through our immediate connections with others.

## OUTCOMES

- Mindfulness
- Connection
- Identity
- Values



shed

[WWW.SHEDARTTHERAPY.COM.AU](http://WWW.SHEDARTTHERAPY.COM.AU)



## INVESTMENT & INCLUSION

2 hr on site support  
all art supplies are included.

\$80pp

min 6 max 12 participants

