

JOURNALING

Explore the expressive, intuitive method of art making through journaling and storytelling, this process takes on a range of themes to explore personal journey, transformation, connection, hope, positive identity and offers an opportunity for self reflection through lived experiences.

This can be offered to a specific group of participants from organisations, schools and agencies, facilitated to encourage and support certain outcomes.

OUTCOMES

- Reflection
- Personal Growth
- Insight
- Exploration



shed

WWW.SHEDARTTHERAPY.COM.AU



INVESTMENT & INCLUSION

1 hr on support

\$25pp

min 6 max 12 participants

