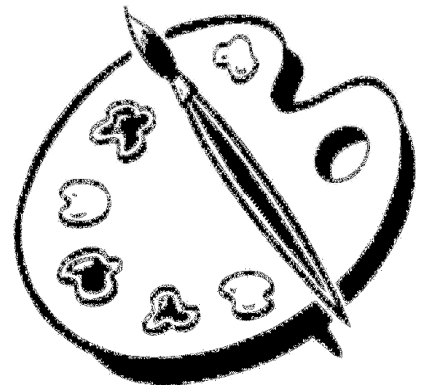


Art Therapy

For Women's Wellness



a friendly, fun, encouraging space for women to discover
the benefits of creative expression

by nurturing ourselves creatively we can grow
in self-confidence and self-awareness,
reduce stress and improve our wellbeing

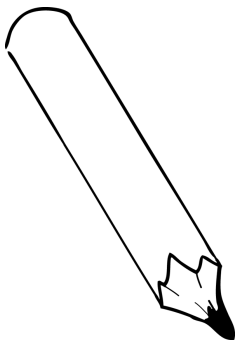
No art experience necessary :)

Fridays 10.30am-12.30pm (6wks)

February 3 to March 9 or

June 1 to July 6 2012

at 55 Thornley Street Leichhardt



*Cost is \$60 (concession \$30) for 6 week course

Payment is appreciated before start of group

Light refreshments and all materials provided

*This is a group to improve general wellbeing, if you're working on a significant personal issue or trauma
this group probably won't be right for you at this time. Talk with us about other options.*

* Fees are negotiable if difficult to pay



Leichhardt Women's
COMMUNITY HEALTH CENTRE

LWCHC is funded by Sydney LHD, NSW Health

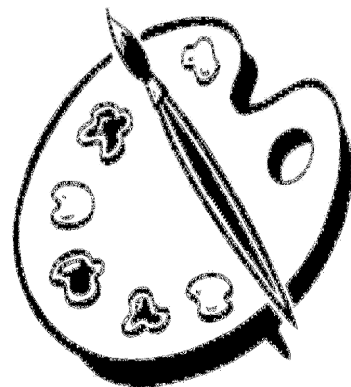
call us to make your booking

9560 3011

or email info@lwchc.org.au

Art Therapy

For Women's Wellness



These programs of 6 sessions each offer a friendly and encouraging space for women to discover the benefits of creative expression.

Women will be guided to draw on their inner resources to discover greater self-expression and awareness.

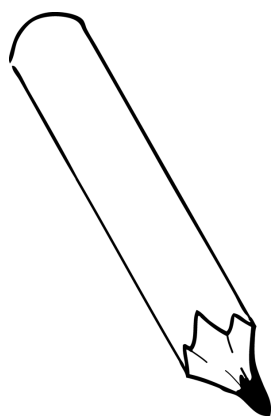
By nurturing ourselves creatively we can grow in self esteem and confidence, reduce stress and promote personal wellbeing and self acceptance.

No art experience necessary!

Fridays 1030am-1230pm (6wks)

**February 3 to March 9 or
June 1 to July 6, 2012**

At 55 Thornley St, Leichhardt



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- Payment is appreciated before start of group.
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Leichhardt Women's
COMMUNITY HEALTH CENTRE

55 Thornley St (cnr Cary St) Leichhardt.
Run by women, for women since 1974.

call us to make your booking

9560 3011

Or email info@lwchc.org.au

LWCHC is funded by the NSW Department of Health