

Creative Workshop for Young Carers
Saturday 13th April 2019
10am-12pm
Shop 4/19 Maryland St, Stanthorpe (next to Vixen's Café)

Drawn Together Creative Therapies, Family Matters Counselling and Happy Chat are pleased to offer a Creative Workshop for young people 12-25 years of age who have become carers in their home situation. The workshop is designed to offer these young people an insight into tools for self-care as well as offering an opportunity for connection and interaction with others experiencing similar circumstances or issues.

The workshop is designed to follow the following format.

- Breathing and Mindfulness exercises complimented by a brief meditation practice.
- A brief introduction to the Drumming as a relaxation and therapeutic tool
- A short break and morning refreshment
- An introduction to poetry through the creation of a group poem
- The creation of a song using the group poem as lyrics
- The combining of drumming rhythms with the music to complete the experience.

Throughout the workshop these young people will be supported by experienced Counsellors, a peak body registered Creative Arts Therapist and two highly experienced peer support workers. In this respect the workshop seeks to meet these young people where they are "at" and invite them to play, relax and discover different tools that assist in the maintenance of well being and balance. We invite referrals from relevant agencies and individuals for participants for this workshop. Please complete the attached referral form and return it to Drawn Together Creative Therapies email drawn2gether@outlook.com.au. Group numbers will be limited to 10 participants.

The group activity will take place in the pop up gallery space, which is currently hosting the exhibition "Evolution" a body of work created by individual artists of the Creative Therapy Group, We're Art Thou.



With special
thanks to Fina
& Charlie Rao



The Regional Arts Development Fund (RADF) is a partnership between the Queensland Government and Southern Downs Regional Council to support local arts and culture in regional Queensland.

Referral
Creative Workshop for Young Carers
Saturday 13th April 2019
10am-12pm

Participant Name: _____ D.O.B. __/__/____

Contact No: _____

Referring
Agency: _____

Workers Name: _____ Contact No: _____

Email: _____

Parent/ Guardian Consent for a young person under the age of 18 years

I _____ (parent/legal guardian) give consent for my child _____ to participate in the Creative Workshop for Young Carers to be held at Maryland St Stanthorpe from 10am-12pm on Saturday 13th April 2019. I understand that my child will be supported by accredited and registered professionals and that my child will not be asked for a financial contribution.

Parent/ Guardian Name: _____
(Please Print)

Signature: _____



With special
thanks to Fina
& Charlie Rao



The Regional Arts Development Fund (RADF) is a partnership between the Queensland Government and Southern Downs Regional Council to support local arts and culture in regional Queensland.