

# ART JOURNALING: SUPPORTING SELF-EXPRESSION



*Going Deeper than Words*

## Self-Reflection & Connection

Using Art Making to:

- Work with difficult situations
- Honour achievements
- Give a voice to your inner world
- Support creativity

A safe and confidential space is held for creative expression; supporting the connection with the inner self. Catherine Elliott is a health professional with many years' experience facilitating workshops using expressive arts, guided imagery and journal writing. Art making skills are not required. Bring your own journal and all other art materials will be provided.

**Booking is essential.** Your place is secured with full payment.

**November 18, 2019** time: 9.00am-11.30am  
Red Rose Healing Centre Cost: \$55 each



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