

ART CONNECT

Healing through art

With Ana Freeman



DETAILS

DATE

Each Wednesday for 6 weeks
5th Feb to 11th March 2020

TIME

5.30pm – 7.00pm

COST: \$50 for six sessions
(concessions available)

VENUE

Central West Women's
Health Centre
20 William Street
Bathurst

TO REGISTER

Contact reception on
T: 6331 4133
E: information@cwwhc.org.au

**Art Connect - healing ourselves and
our communities through art.**

**A series of six weekly workshops to
connect with yourself, others and the
world around you.**

The creative process can help to explore
feelings, foster self-awareness, reduce
stress and anxiety and increase self-esteem.

Basic art supplies are provided.

Each session will also have the support of a
qualified counsellor.

Anastasia Freeman – Visual Art Educator

Ana is a local artist and arts educator with an
interest in using art practices to heal individuals
and communities. She is currently undertaking the
Mercy Emerging Leaders Fellowship with Mercy
Global Action and this program is part of her wider
research into mental health, creativity and
sustainable living.



Tandi Pickard – registered Psychologist

Tandi is a Counselling Psychologist with a practise
based in Bathurst, and has a special interest in the
healing power of creative expression through
dance, music, sculpture, drama or other art forms.



**Numbers are limited so book in early
to avoid disappointment.**

