

## CREATIVE EXPRESSIONS ART GROUP

Creative expression sessions provide an opportunity to explore art making for self-reflection, personal growth, and healing. Group sessions offer a different dynamic to individual therapy. Participants are able to give and receive support to one another, learning through shared conversation. A safe, supportive environment where group members can express themselves, their thoughts, and emotions without fear of judgement.



### Creative Expression sessions empower you to:

Explore a different theme and art process each week!

Deepen self-awareness and self-expression through art making

Utilise art for self reflection, personal growth and healing

Learn new coping strategies and problem solving skills

Realise you're not alone with issues you face

Become more aware of your own strengths and resources

Build resilience and confidence

Unmask and find your authentic "voice"

### What Happens During a Creative Expression Session?

- Sessions are 2 hours in duration, allowing time for personal reflection and group discussion
- Each session starts with a weekly check in
- A different theme or topic is explored each week - group brainstorming, discussions or games relating to the set theme
- Each participant is invited to explore the theme in their own way using art materials
- There will be a short break between making of artwork and sharing/group discussion
- Upon conclusion of art making, we return to the group for shared reflection

### Group Format

The group is intentionally kept small (4-6ppl). Sessions will run weekly on Monday evenings (5:30 - 7:30pm) with the same group members attending across the 4-week block. The next series is set to commence in mid-November, dates for the four weeks being: 18 & 25 Nov, 2 & 9 Dec.

If you are interested to attend this group, please email [hello@shiftnco.com](mailto:hello@shiftnco.com) and confirm your availability to attend on Monday evenings 5:30 – 7:30pm.

### Fees

\$60/hr or \$480 for the full 4-week term (8 hours in total).

Please note: forecasted costs are based on a minimum of 4 participants (required for the group to run). Fees may be reduced if the group reaches 6-person capacity.

It's important to us that we make our programs as accessible as possible and understand that the cost may be a barrier for some. Therefore, for each of our programs, we have a limited number of 'supported placements' available, at a reduced rate for a limited time period. This allows members to join our sessions, and the positions to be shared amongst those in need.