



# Caulfield South Community House

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## **ART THERAPY – COLOURING IN, WATER COLOUR AND CHARCOAL PAINTING - POSITIVE MINDFULNESS**

This program/class, is not only fun, but research tells us that Art Therapy is a proven relaxation exercise to increase self awareness, providing techniques to assist in reducing stress and anxiety.

Provides an opportunity for people of all ages to slow down their day and showcase a hidden talent!

Fun and Friendship – meet other participants who are members of the Community House.

All class materials are provided

**Cost: Gold coin donation**

**Class operates every Monday 10.30am – 12.00noon**

