ESSENDON
PRIVATE CLINIC
Melbourne's Inner North-West Mental Health Hosp

Art Therapy

Group Day Program

Join our 8 week Art Therapy Outpatient Program at EPC!

No art skills needed!

We'll be covering:

- Exploring Identity & Self
- Expressing Emotions
- Developing a Symbolic Language
- Learning Emotional Regulation & Grounding Skills
- Recognising Patterns in Depression & Anxiety
- Sensory & Somatic Awareness
- Developing Boundaries
- Having fun with different creative materials!

When: Tuesdays weekly 9:00am - 2:30pm

Duration: 8 weeks

Facilitator: Julia - Art Therapist

Cost: Covered by Private Health Insurance

Catered lunch provided.
Limited spaces available.

Phone Number:
(03) 9337 9577

Location:
35 Rosehill Rd Essendon West VIC 3040

Open for referrals now - email epcoutpatients@machealth.com.au