

“Art makes it easier to represent intense emotion without language”

Denise Braun, Heart Work City Studios

*let go of the chaos
and let your
creative flag fly*

Art therapy offers a way to unblock emotional expression without having to sit and talk about feelings. You don't have to have any artistic skills to benefit from art therapy because it's not the finished product that matters - it's the process!

**We have a new art therapy program starting Thursday 20 July from
9.00 to 10.30am at our site in Jemmeson Street, Lakes Entrance
Cost is \$10 per session - materials supplied**

To register your interest or find our more, please contact Andrea on **5155 8320**



gippsland lakes
community health