

ART THERAPY

**Wednesdays at WRC
1:30 – 3:30pm**

The bushfires have impacted us all in different ways and we will continue to experience these effects for some time to come.

We'd like to invite you to join Ruth to explore your response to your experience of the bushfire crisis in a safe space focussed on healing and processing the diverse and complicated range of emotions raised by situations of crisis and trauma.



When: Wednesdays commencing 22/1/20

1:30pm to 3:30pm

Where: Women's Resource Centre
14 Peden St Bega

Facilitator: Ruth Haggart – Creative Arts Therapist

Cost: Gold Coin Donation

For booking please contact the WRC on 64921367