

Anxious? Stressed out?

Are you interested in being involved in a creative arts therapy group to help reduce stress and anxiety?

The Strath Neighbourhood Centre is offering a new program for a small group of eight people aged 18+ who experience stress or anxiety. The group will be led by Arts Therapist Malinda-Ro.

No art experience or skills are necessary!

When: Eight consecutive Mondays commencing on 18 June 2018 and concluding on 6 August 2018

Time: 10:00am to 12:30pm

Where: The Red Hen Railway Carriage, next to Stationmaster's Art Gallery, South Terrace, Strathalbyn

Cost: Total cost - \$20 payable prior to commencement

Morning tea will be provided

Bookings: If you would like to be a part of this group, contact the Strath Neighbourhood Centre on **8536 2856** or strathnc@gmail.com. The facilitator, Malinda-Ro, will then arrange a time to meet with you individually, to complete a registration form and answer any questions you may have.



Funding for the program has been generously provided by the Fleurieu Community Foundation and the Lions Club of Strathalbyn

