

DFSV ART THERAPY GROUP

WOUNDS TO WISDOM



Turn pain into power and stories into strength, creating a path to healing that's uniquely yours.

This eight-week program is for women who've been through domestic, family, or sexual violence, offering a warm, supportive space to heal, share, and rediscover their strength through creativity.

PROGRAM CONTENT



Wounds to Wisdom invites women to see themselves as survivors and empowers them with practical skills and insights. Art becomes a tool for self-expression, discovering and celebrating resilience, inner wisdom, and strength.



- **Creative Sessions:** To express emotions and facilitate healing.
- **Safe Environment:** A non-judgmental space to connect and share.
- **Empowerment:** Builds strength and confidence through art and support.
- **Structured Sessions:** Guided approach to engage at own pace.
- **Personal Healing Journey:** Foster community while encouraging individual exploration.
- **Mindfulness Tools:** Techniques for managing emotional challenges.
- **Building Connections:** Facilitated peer support in a safe group setting.
- **Goal Setting:** Assists in setting personal goals and tracking progress.

BOOK THIS PROGRAM

This eight-week program comes to your workplace and supports your community. Contact Wendy for pricing and referral information. All art materials and workbooks provided.

Call or text: 0403 397 751
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