

MENTAL HEALTH ART THERAPY GROUP

WOLVES WITHIN



Develop emotional awareness, foster personal growth, and resilience-building through art therapy



This ten-week program is for those seeking a creative and supportive space to unpack social influences on mental health—a group for self-expression through art and connecting with others on a journey of self-compassion and skills-building.

PROGRAM CONTENT



An informative program that fosters self-awareness, emotional resilience, and personal growth. Themes include identity, values, and strengths, to develop practical skills to navigate challenges, and develop self-compassion.



- **Explore Identity and Emotions:** Engage in creative activities for self-discovery.
- **Manage Stress and Mental Health:** Learn coping strategies for stress and anxiety.
- **Process Grief & Loss:** Use art and discussions to navigate loss and promote healing.
- **Build Communication Skills:** Develop tools for effective expression and connection.
- **Focus on Well-Being:** Adopt healthy habits for better sleep and self-care.
- **Celebrate Strengths:** Recognise your unique qualities to enhance resilience.
- **Group Connection:** Share support and stories in a safe space.
- **Reflect and Grow:** Track your progress over 10 weeks and celebrate achievements.

BOOK THIS PROGRAM

This ten-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

www.thewhitewolf.com.au

