

## MINDFULNESS ART THERAPY GROUP

# OUR COMMON GROUND



A playful, creative group exploring healing through art, mindfulness, and connection—finding ways to thrive together.



This six-week program is for anyone ready to explore creativity, mindfulness, and connection in a supportive group setting. It is perfect for those who want to grow, heal, and express themselves through art.

## PROGRAM CONTENT



A gentle mindfulness program that explores emotions using creativity in harmony with the natural elements—fire, earth, air, and water. The group embarks on a relaxed but transformative journey of self-discovery and growth.



### What to expect:

- **Dive into the Elements:** Each week, we'll playfully explore fire, earth, air, and water as inspiration for creativity.
- **Get Creative:** Try fun art activities with different materials—no experience needed!
- **Relax and Reflect:** Enjoy calming mindfulness to connect with yourself and the group.
- **Find Your Flow:** Share laughs, stories, and ideas in a laid-back, welcoming space.
- **Discover New Insights:** Uncover personal strengths and fresh perspectives through art.
- **Celebrate Together:** Wrap up the journey with reflections, keepsakes, and a warm farewell.

## BOOK THIS PROGRAM

This six-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](http://www.thewhitewolf.com.au)

