**Information sheet for GP’s and participants regarding:**

***Creative Art Therapy Workshops 2015 with Justine & Nicole\****

* **March 14th 1-5pm – Self-care for people working with people**
* **Saturday June 13th 1-5pm – Self-care for parents**
* **Saturday August 29th – Maintaining self-care practices for everyone**

**Logistics:**

* Each workshop is open to men and women. We will be utilising Mindfulness tools and creative practices
* Workshops to be held at *Bardon Counselling and Natural Therapy Centre* – 151 Boundary Rd Bardon 4065.
* \*Facilitated by Nicole Kinnaird, BSW, MAASW (Acc), Clinical Mental Health Social Worker/Supervisor in private practice, and Justine Wake, Masters Mental Health, MQCA, MACA, AThR. Cost is $120/session for the March and June dates and $180 for full-day workshop. Medicare rebates of $19/session are applicable – item number 80170 when referred to this group and mentioning Nicole Kinnaird by your GP. Clients are eligible for up to 12 group sessions under this plan per year.

**Purpose:**

To provide a space for people to give themselves some time and space to slow down and be supported in their experience of working with people, parenting and general life issues.

**Goals:**

* For people to gain new tools to support them in an ongoing way with the demands of the work, parenting and life in general.
* That proven Mindfulness as well as creativity techniques may become a daily practice, supporting group participants with any experiences of anxiety, depression, and stress.
* Increased sense of positivity, self-esteem, self-care ability, calm.
* By-product of creating these outcomes for participants, is that the children may also learn these simple, helpful tools. They of course will also benefit from their parents taking time to reflect and learn about their parenting role
* Group sessions have the additional benefit of participants feeling normalised and potentially more supported by their fellow participants. There will be opportunities to share information, experiences and insights.
* Often people are slightly anxious about initiating contact with a counsellor. These workshops may offer a safe and supportive atmosphere in which to meet two experienced counsellors and potentially may lead to future individual therapy.

**Contact Nicole Kinnaird:** **nkinnaird@live.com.au** **or M: 0421 621 296 or Justine Wake via contact page at:** [**www.adrawingroom.org**](http://www.adrawingroom.org) **for further info.**