



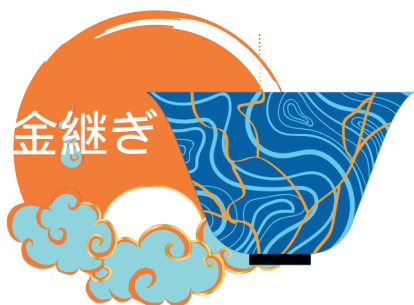
**mental health &
wellbeing connect**

Free for family, carers and supporters

CREATIVE CONNECTIONS

Art and Craft workshops

Creative Connections series is dedicated to carers, offering a supportive space to explore self-care and well-being, reflect on your strengths, and envision future goals. Each workshop fosters a sense of community, providing opportunities to connect with fellow carers and share experiences in a nurturing environment.



Session#3 16 April A Beautiful Mess

Inspired by the Japanese art of Kintsugi, carers are invited to mould a pinch pot or coil pot out of clay, to symbolise love and hope. This is to symbolise the reshaping of past experiences into a brighter future, embracing imperfections as part of their beauty.

Session#4 20 May Seasons of Change

Exploring strengths and barriers, participants symbolise their journey through seasons, embracing self-compassion and acknowledging their resilience, fostering acceptance and kindness towards themselves.



Session#5 17 June Time to Care

Carers cultivate self-compassion through reflection and creative expression, crafting love letters to their future selves and acknowledging the beauty and uniqueness within themselves.

Time:

12:45pm - 2:45pm

Location:

Lilydale Lake Community Room - 435A Swansea Rd, Lilydale VIC 3140

Any questions, please contact:

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RSVP essential



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