



# Art Therapy Workshop

Explore art making, mindfulness, creative expression and relaxation. Feel supported to experiment and grow your creative confidence. Materials + refreshments provided. No art experience necessary.

Sunday 2.00-4.00pm

\$40pp Bookings Essential

Scan here for dates and details

OneSpace Collective  
63 Bassett Street  
Mona Vale NSW



[www.innerviewarttherapy.com.au](http://www.innerviewarttherapy.com.au)