



ART AND CRAFT THERAPY

Let's get creative!

Art therapy is a useful approach in helping people to conceptualise their thoughts and feelings. It can assist in understanding abstract concepts by making concepts concrete through the use of pictures and various materials. It can be very useful for people who find it challenging to verbalise their thoughts and feelings. All materials and resources are provided, and all talents are welcomed. There is no prerequisite to join this group.

"Creating greater Opportunities"

Who can participate?

Anyone with appropriate NDIS funding. You can also self-fund if required.

When does this training start?

As soon as you are available. Our staff can arrange a time that suits you.

Who facilitates this group?

Our groups are facilitated by our trained and professional support staff.

Contact us today to get started!

T| 02 4610 1952

E| enquiries@buildingchoices.com.au

W| www.buildingchoices.com.au