#### WFWP Australia - Self-Care through Creativity Workshop

Anne Bellavance July 24, 2018





# Self-Care through Creativity Workshop

First Saturday of June, August, October

12:30pm - 4:30pm

Entry \$20

**Limited Seats!** 

RSVP: wfwpaustralia.org

Contact: 5968 2664



Collivate Mindfulnes

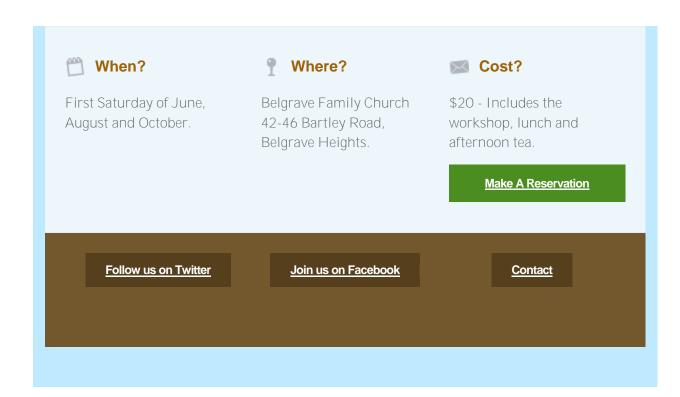
Belgrave Family Church 42-46 Bartley Rd, Belgrave Heights VIC 3160

Lunch and afternoon tea included











## Self-care through Creativity Workshop

a Pathways 2 Hero program

This workshop focuses on developing the four different human aspects of Calm, Acceptance, Resonance, and Energy. Each aspect incorporates and activity.

### **Program:**

12.30pm: Welcome and light lunch.

1pm - 4.30pm: Activities.

#### Four areas of interest:

**CALM** Understanding Mindfulness.

Activity: Meditative picture books colouring.

**ACCEPTANCE** Of yourself, to make better choices or changes for your life. Activity: Board games.

**RESONANCE** Healing through Words. Create Peace within yourself. Activity: Mandala (by The World Peace Prayer Society).

**ENERGETIC** Developing your Potential. Expressing your Creativity. Activity: Glass painting (create a vase to take home).