



Women's Federation for  
World Peace Australia

# Self-Care through *Creativity* Workshop

**First Saturday of June, August, October**

Anne Bellavance - September 28, 2018

**12:30pm - 4:30pm**

**Entry \$20**

**Limited Seats!**

**RSVP: [wfwpaustralia.org](http://wfwpaustralia.org)**

**Contact: 5968 2664**

**Belgrave Family Church**

42-46 Bartley Rd,

Belgrave Heights VIC 3160

**Lunch and afternoon tea included**



*a Pathways 2 Hero program*



## 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).