

# Project Art

Providing resources, education and clinical support to enhance creativity, expression and wellbeing.

## Who is the program for?

People diagnosed with mood disorders, anxiety disorders and addictive disorders and who find creative activities beneficial, or have an interest in finding new ways to express oneself and explore problems creatively are encouraged to attend this program. It is not necessary to have any art skills to participate.

## Program content

- Expression of feelings
- Coping with loss and change
- Living with mental illness
- Self awareness and self esteem
- Identifying and building strengths
- Problem solving
- Stress management
- Relaxation
- Mindfulness

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**About the program**

Sometimes words are not enough and art therapy provides the opportunity to express oneself more fully through a range of different art materials and activities. It engages the range of senses rather than relying solely on the mind and talking techniques. This open group program focuses on the benefits of creative expression within a group setting. Art therapy can lead to enhanced wellbeing, increased self awareness and understanding, as well as discovering new perspectives and improving problem solving.

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**When is it held?**

Every Monday or Thursday for eight weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

8:30am - 9:00am	Registration and sign in
9:00am - 2:30pm	Group program
2:30pm - 3:30pm	Facilitated relaxation session

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**How to join**

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

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**How much does it cost?**

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Currumbin Clinic.