

# ART JOURNALLING: FOR YOUR Wellbeing

EXPLORE

Explore, listen and express your own inner voice through creative expression.

*Topics include*

- Self-care
- Personal Strengths
- Celebrating Achievements
- Myself as a (symbol)
- Hopes & Dreams

CREATE



**No previous creative experience necessary**

You will create a beautiful art journal expressing the unique and wonderful you

FUN

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 Nyasha Ellis - Psychologist

**2 Day Personal Development Program**

**When** Monday 11th & Monday 18th January, 2021  
9.00am-3.00pm

**Where** Lennox Head Cultural Centre

**Cost** \$275 early bird (until 17/12/20)  
\$295 non-early bird + own materials

**Register** by Phone 0419 565 980