



WHAT IS 'EXPRESSIVE ARTS GROUP'?

Participating in a group provides a valuable opportunity for people to socialise, and freely communicate. Building community connections is a huge contributing factor with regards to maintaining positive mental health & well-being.

Engaging with Art Therapy people explore emotions, develop self-awareness, cope with stress and boost self-esteem. Rooted in the idea that creative expression can foster healing and emotional well being.

Facilitating a 'safe' and welcoming space for people of all ages and abilities to access art therapy while connecting with others for the benefit of mental health, wellness and life satisfaction is the driving force behind 'Expressive Arts Group'.

Together Chony Bowden and Sally Cuthbert listen to the artistic interests of their participants which guides their weekly rotation of art materials and techniques. Some art techniques and materials can include:- inks, clay, wet felting, book making, acrylic painting, charcoal and chalk pastels, print making and drawing.

Taking home with them their completed art work at the conclusion of each weekly workshop which run every Wednesday for 8 weeks, term time.



THE FACILITATORS



SALLY CUTHBERT BA.VIS.ART.M.ART.TH.

An experienced Art Therapist of 10 years. Sally supports people of all ages to express themselves, discover their strengths, and develop their creative problem solving abilities. Her style is sensitive, warm and gentle.

As a professional member of ANZACATA and BAAT she upholds their Code of Ethics and maintains high standards of service delivery.



CHONY BOWDEN BA.COM.B.EDU.DIP.ECC

Chony has had a Visual Arts education career that spans 20 years. Teaching all age groups around Australia, including Indigenous communities and intentionally. She is currently studying initiative, sensorimotor art therapy. Her approach is understanding, adaptable, creative and joyous.

She is registered with the Queensland College of Teachers, Yellow & Blue Card services.

'EXPRESSIVE ARTS GROUP'

*Art as Therapy Group
for
NDIS funded Adults*

GROUP ETHOS

- Inclusive & community centred service
- We CELEBRATE diversity
- All artistic abilities are warmly WELCOMED
- Start where YOU are at
- The 'WHOLE' person is nurtured
- We can all LEARN from one another
- NON-JUDGEMENTAL space
- Have FUN & create ART
- Use a VARIETY of materials
- MEET new people



WORKSHOP STRUCTURE

1. Group 'check in' / welcome with each other
2. Mindful exercise or drawing
3. Creation time using a variety of materials (70 mins). Theme is offered as a guide each week as directed by the groups interests
4. Group share with each other
5. Take art work home



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Art as Therapy Group for NDIS funded Adults

DOES ART THERAPY HELP?

A recent report from The World Health Organisation (Health Evidence Network Synthesis report 67, 2019) investigated arts based therapies from over 3000 studies and found "a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan"



GROUP ART THERAPY BENEFITS

- Improves creativity & self-esteem
- Increases sense of self-empowerment
- Growth of sense of self care & self awareness
- Reduces sense of loneliness & isolation
- Minimises stress & anxiety
- Assists with depression & fatigue
- Positively develops interpersonal skills
- Enhances mind body connection
- Evolved sense of meaning & purpose

Sound Good - let's Chat!

BOOK OR ENQUIRE

e: chonysartroom@gmail.com

i: [chonys.art.room](https://www.facebook.com/chonys.art.room) / [expressive.arts.group](https://www.facebook.com/expressive.arts.group)

w: www.chonysartroom.com

w: www.sallycuthbert.com.au

p: Chony 0434962109 p: Sally 0499337101



'EXPRESSIVE ARTS GROUP'

Art as Therapy Group for

NDIS Funded Adults

Term 3, 2021 @ The MET, Maroochydore

ART THERAPY & THE NDIS INFO

Under the NDIS, art therapy is provided as an Allied Health Service in the same way as physiotherapy, speech therapy and many others. If you have individual therapeutic support or group therapy support funding, you may choose to use that funding or part of that funding for art therapy.

Art therapy must be undertaken by an Art Therapist, registered with ANZACATA. Registered art therapists are mental health professionals who use art and the creative process (drawing, writing, sculpting, clay) to facilitate the exploration of feelings, improve self-awareness and reduce anxiety for clients.

TERM 3, 2021-DATES & BOOKING INFO

Art Therapy Group for NDIS Funded Adults - Wednesday

Dates July 21st - 15th September

Weekly Wednesday Mornings

Time 9am - 11am

Venue The MET, Maroochydore

Capacity - FULL

Dates July 21st - 15th September

Weekly Wednesday Afternoons

Time 1.30pm - 3.30pm

Venue The MET, Maroochydore

Art Therapy Group for NDIS Funded Adults -Thursday

Dates July 22nd - 16th September

Weekly Thursday Mornings

Time 9.30am - 12.30pm

Venue The MET, Maroochydore

BOOK OR ENQUIRE

e: chonysartroom@gmail.com / sallygcuthbert@gmail.com

i: [chonys.art.room](https://www.chonys.art.room) / [expressive.arts.group](https://www.expressive.arts.group)

w: www.chonysartroom.com

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