



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

FORMERLY KNOWN AS

MA PANGO MA WHERO KA TUITUI TATOJU

Raeburn House

CONNECTING PEOPLE - BUILDING COMMUNITIES

ART THERAPY GROUP

Art therapy is a form of psychotherapy using artistic expression to improve mental and emotional wellbeing. Through the creative process, thoughts and feelings are explored and shared, emotional conflicts can be reconciled, self-awareness is improved, anxiety is reduced in a safe and welcoming environment. No art skills are needed.

LIMITED PLACES

Early enrolment is essential.



- DATE** Every Monday, 16th October to 11th December
- TIME** 10am - 12:30pm
*9 weeks - 8 sessions
- VENUE** Norman King Community Hub,
65 Pearn Crescent, Northcote
- COST** \$105

* there will be no session on 23/10
(Labour Day)

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL
(which is valid for 1 year, and up to 2 groups per term).



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ABOUT LIMOR FYBISH

*(BA, Post Grad Dip Art Therapy, Grad Dip HSc,
MANZATA & CTAA)*

I am a qualified and experienced art therapist and I hold a BA degree in social science, majoring in psychology. I also hold a Post Graduate Diploma in Art Therapy and a Graduate Diploma in Health Science from AUT.

Currently, I am completing my Masters Degree in Psychotherapy, while I continue to work with private clients, or with groups through Hearts & Minds.



**For more information and registration, please contact
Hearts & Minds**

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