

CREATIVE WELLBEING WORKSHOP

CHATS | MINDFULNESS | CREATIVITY

STEP TOWARDS **CALM & CONFIDENCE**.
BE GUIDED IN A **2 HOUR WELLBEING WORKSHOP**; IMMERSSED
IN GENTLE CHATS & CREATIVE ARTS REFLECTION,
ALONGSIDE A SMALL GROUP.
FACILITATED BY MASTERS QUALIFIED PRACTITIONERS JANEL
(ART THERAPIST, ATHR)

Monday 13th April 2pm-4pm
Thursday 9th April 10am-12pm

**REGISTER INTEREST
VIA QR
or EMAIL**



Email
hello@janelgibson.com.au



Sweetwater Wellness Collective
50 Pratt Avenue, Frankston
South, VIC