

# FREE ART THERAPY

Hi! My name is Charli Hope.

I am an Art Therapist offering FREE Art Therapy services to clients of SHINE SA as part of my student placement.

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## WHAT IS ART THERAPY

Art Therapy is a great way to explore yourself through guided art and creativity-based activities.

**WHO:** Anyone 12+ years old is welcome and no previous Art experience or skills are required.

**WHERE:** SHINE SA Woodville and Davoren Park

**WHEN:** Mondays 10am-5pm (Woodville)  
Wednesdays 10am-5pm (Davoren Park)  
Thursdays 10am-5pm (Davoren Park)  
Fridays 10am-5pm (Davoren Park)

## All bookings are appointment only

What to bring: Yourself and an idea of something you would like to explore in session.

Session Details: Private individual sessions are available and are 60-90 minutes long.

Group sessions: Details are to be advised once group numbers have been confirmed

**COST: FREE**

## HOW TO BOOK:

Email Charli Hope or call the SHINE SA reception desk (mention Charli Hope).

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