

Branch of Blessings Art Therapy Workshop

**“Honour what you have by treating
it well, and tending to it”**

What blessings nourish your soul and give you faith?

In this workshop recognise and celebrate your ability to tend to your own wellbeing with care and compassion. Create your own unique “Branch of Blessings” to carry forward into spring.

**Facilitated by Lisa Hyde-Mills
Hunter Women’s Centre, Mayfield**

Thursday 28 March

9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided

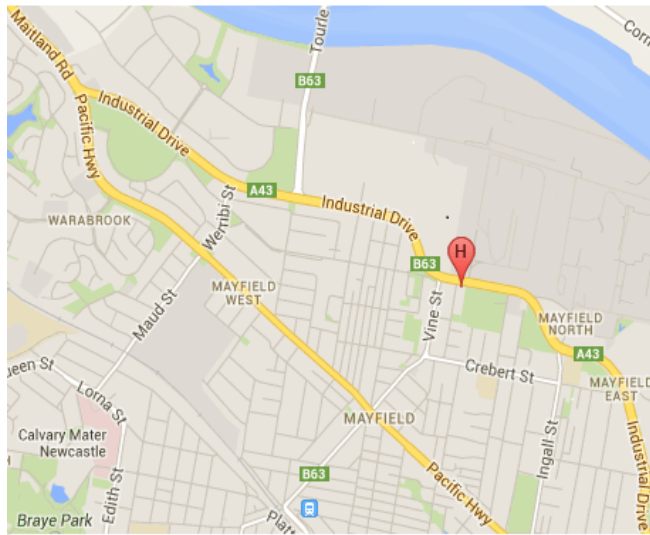
**All materials supplied **No art experience
necessary!****

Preference given to those who have not attended this workshop before

Phone 4968 2511 to register



Funded by Hunter New England Local Health District



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Public Transport

Buses from Hamilton Train Station

- 100 Maitland Rd Hamilton (alight Maitland Rd Mayfield)
- 111 Sheddon St Islington (alight Bull St Mayfield)
- 104 Albert St Islington (alight Industrial Dr Mayfield)

Nearest train station on the Hunter Line is Waratah with a 20 minute walk to the Centre

Phone for more public transport options

Opening Hours

- Monday to Thursday: 9am to 5pm
- Friday: 9am to 3.30pm

60 Industrial Drive (Cnr Avon Street)
Mayfield NSW 2304
Phone: 02 4968 2511
admin@hwc.org.au