

# *Future Intentions Art Therapy Workshop*

## **Give yourself the gift of time and check in with yourself about your goals and intentions for the future**

This workshop will provide step by step instructions for creating your Intention figure/doll. It will allow you to connect with other women in a safe and supportive environment and include ideas on how to cultivate self-supporting practices

**Facilitated by Lisa Hyde-Mills**

**Hunter Women's Centre, Mayfield**

**Thursday 14 February**

**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