

Heart Haven Art Therapy Workshop

Create a "Heart Haven"

During this gentle workshop we'll be creating a "Heart Haven" out of sticks/wool/paper etc while exploring self care, safety and boundaries

Hunter Women's Centre Mayfield

Thursday 1st August

9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided

All materials supplied

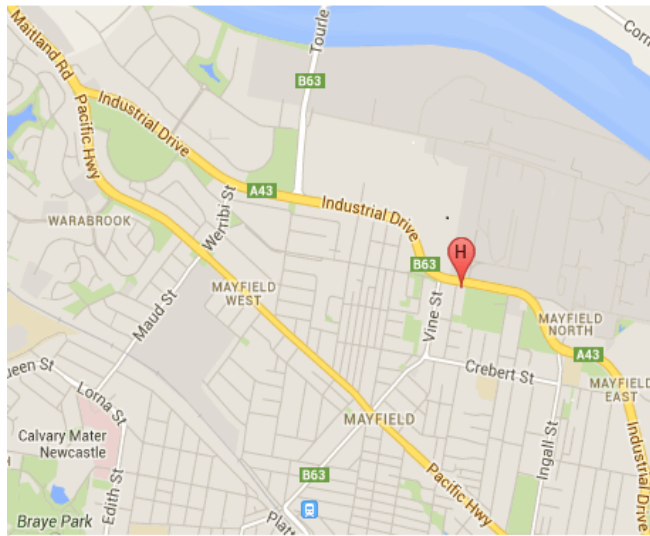
No art experience necessary!

Phone 4968 2511 to register

Facilitated by Lisa Hyde-Mills, qualified art therapist and visual and community artist



Hunter Women's Centre is funded by
Hunter New England Local Health District



Funded by Hunter New England Local Health District

Public Transport

Buses from Hamilton Train Station

47 Norfolk Ave after Robert St (alight Barton/Bull St Mayfield)

11 Maitland Rd before Beaumont St (alight maitland Rd, before Hanbury St Mayfield)

24 Albert St opp Hawkins Oval (alight Industrial Dr Mayfield)

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

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