

Tree of Life Art Therapy Workshop

Do you acknowledge the strength & experience you've gained on your life journey? With simple art practices, we will explore the image of the tree as a symbol of self.

This workshop is for those wishing to:

- ◆ Improve self-knowledge
- ◆ Acknowledge skills and experience
- ◆ Develop inner resources and potential.

Connect with other women in a safe and supportive environment.

Hunter Women's Centre-Mayfield

Thursday 12th September

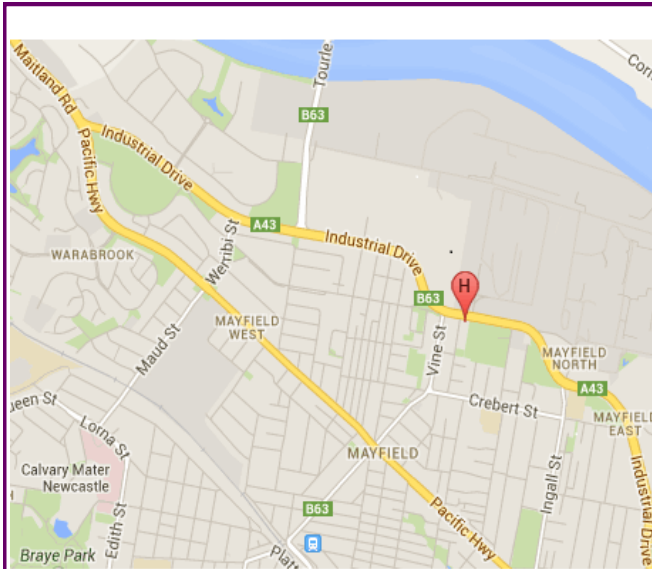
9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided.

All materials supplied. No art experience necessary!

Phone 49682511 to register.





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
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