

Wreaths of Wisdom Art Therapy Workshop

Wreaths of Wisdom

What do you want to WELCOME into your life (& home)
Take some time to consciously choose what nurtures
your wellbeing. You will be guided to CREATE a unique
WREATH (ready to hang) to welcome in and symbolise
your wise choices

No art experience necessary!

Most materials supplied BUT in order to personalise your
work PLEASE BRING a reel of wide ribbon and a piece of
fabric in your favourite colour if you can

Hunter Women's Centre Mayfield

Thursday 5th December

9.45am (10.00am start) to 1.00pm

Cost \$10. Morning tea provided

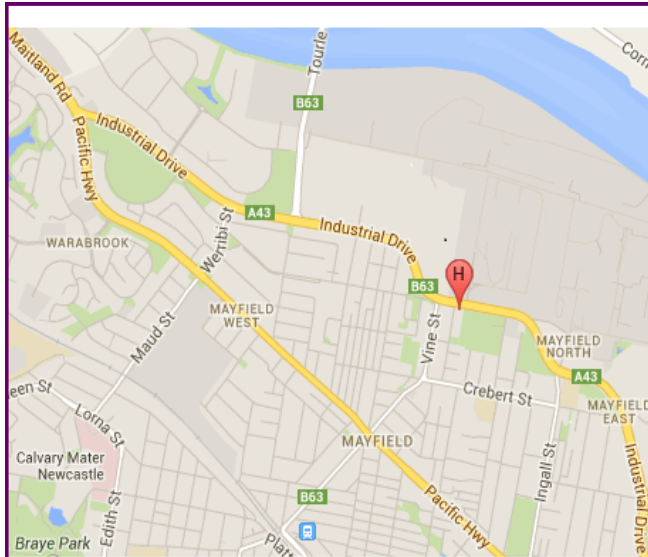
*Due to popularity preference will be given to those who have not
attended art therapy workshops during this year*

Phone 4968 2511 to register

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



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

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



Funded by Hunter New England Local Health District