



8 weekly sessions
From
Friday 19 October
10-11.30am
Alf Kay Eastlakes
Community Centre

Bookings essential
8338 8506
South Eastern Community
Connect
Shop 84, Eastlakes Shopping
Centre

FREE Art Therapy Workshops

Art Therapy offers an opportunity to:

- HAVE FUN!!
- Explore you own creativity
- Build your self esteem
- Express yourself
- Have a rewarding therapeutic experience

www.secc.sydney



8 weekly sessions
From
Monday 8 October
2-3pm
Alf Kay Eastlakes
Community Centre

Bookings essential
8338 8506
South Eastern Community
Connect
Shop 84, Eastlakes Shopping
Centre

FREE Drumming Sessions

- Find your own rhythm
- Boost your self-esteem
- Reduce stress and anxiety
- Energise and connect with others in a positive way - both in rhythm and life!

Led by a registered Music Therapist.

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