

# Project Art Day Program

Providing resources, education and clinical support to enhance your creativity, expression and wellbeing

## Who is the program for?

If you find creative activities beneficial or you are interested in finding new ways to express yourself and explore problems creatively, you are encouraged to attend. It is not necessary to have any art skills to participate.

## Program content

- Expression of feelings
- Coping with loss and change
- Living with mental illness
- Self awareness and self esteem
- Identifying and building strengths
- Problem solving
- Stress management
- Relaxation
- Mindfulness

## Further information

For information on this program please contact Townsville Private Clinic Day Programs:

P 07 4431 1600

F 07 4431 1666

E [townsville@healthcare.com.au](mailto:townsville@healthcare.com.au)

## About the program

Sometimes words are not enough and art therapy provides the opportunity to express one's self more fully through a range of different art materials and activities. It engages the range of senses rather than relying solely on the mind and talking techniques.

The Art Therapy Day Program focuses on the benefits of creative expression within a group setting. Art therapy can lead to enhanced wellbeing, increased self awareness and understanding, as well as discovering new perspectives and improving problem solving.

## When is it held?

The Project Art Day Program is held every Tuesday from 9:00am until 2:30pm. Morning tea and lunch is provided.

## How to join

If you are interested in attending the Project Art Day Program, you will need to discuss this with your treating Psychiatrist who will assess your suitability and, if appropriate, provide a referral.

## How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your health fund. All funds have different rules. Please check with Townsville Private Clinic Day Programs staff, who will advise of any applicable out-of-pocket excess or gap costs that you will incur.

Townsville  
Private Clinic

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