

***Caring for Carers is a hands-on FREE therapeutic group that will engage you in fun activities with Art Therapist Patti Archis. The group is designed to bring our carers much-needed respite, help connect with other like-minded community members and support emotional and physical wellbeing.***



*Inspire and create your dreams on a Vision Board with your representation of ideas for future using craft.*

*Paint your own Mandala of your emotions, visions and goals in full vibrant colours.*

*Design your own clay dream pot to manifest goals and dreams while you sleep.*

*Learn how to make a dream catcher to catch your happy dreams*

***If you would like to attend, please call Rhonda 0423 265 349 or***

***Web: [bcw.org.au](http://bcw.org.au). Email [info@bcw.org.au](mailto:info@bcw.org.au)***

*Morning Tea and a light lunch will be provided*

*Child Minding available*