



My Art Club

Open to St Mary's students, My Art Club is a supportive, inspiring space where children can express themselves creatively, deepen their self-understanding, and strengthen their connections with others.

When:

- Days: Mondays Term 1 (TBC)
- Time: 3:30pm – 5:00pm

Where:

- Zen Zone, St Mary's main campus

Cost:

- \$25 per session x 4-5 weeks (includes all art materials, students to bring their own afternoon snack)

To Register:

- Email Hywell on myartclubhywell@gmail.com
- For more information call Hywell on 0450 136 453
- Places are limited

What My Art Club Offers

Opportunity to explore experiences, emotions and perspectives in a safe, nurturing environment - building resilience, confidence, and a greater sense of belonging in the world.

- Supportive Environment: Each workshop fosters a safe and encouraging space.
- Creative Exploration: Engage in various art forms including drawing, sculpture, movement and play.
- Emotional Expression: Use art as a tool to express that which cannot be expressed in words, feelings, manage stress, develop self-regulation and coping to change, as well as build self-confidence.
- Group Interaction: Develop and consolidate social and behavioral skills

