



## Re:SPECT

The Women's Re:SPECT program utilises the visual arts, journaling and mindfulness for self-expression, to explore themes relating to emotions, values and identity and move towards healing & recovery.

### **A Space to Pause, Express, Connect & Thrive**

**A 6-week creative art therapy group  
for women recovering from family violence**

- Experience self-acceptance and growth in a safe and supportive environment
- Connect and share with other women who have had similar experiences
- Break free from self-blame and fear
- Reconnect with your personal strengths, your power and wisdom
- Move forward and celebrate the future

Participation is free  
All art materials will be provided  
No artistic skills necessary!!

**BOOK NOW**

Call: Andrea de Rauch 9856 1500  
Email: [andrea.derauch@doncare.org.au](mailto:andrea.derauch@doncare.org.au)

**Tuesdays**

**14 November - 19 December 2023**

**10:00am - 12:00pm**

Suite 4, Level 1, MC2  
687 Doncaster Road  
Doncaster 3108

Learn to let go of what you can't change  
and take control of what you can



# You Matter

## A Space to Pause, Express, Connect & Thrive

**An opportunity for teens to express themselves,  
their feelings & experiences through the creative arts**

*A creative art therapy group for teens aged 13-18 years  
who are living with or have lived with family violence*

- **Improve self-confidence and self-esteem**
- **Learn about healthy relationships**
- **Form new friendships in a safe space that encourages listening & caring**

Participation is free  
All art materials will be provided  
No artistic skills necessary!!

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**Tuesdays**  
**14 November to 19 December 2023**  
**4:00pm to 6:00pm**

Suite 4, Level 1, MC2  
687 Doncaster Road  
Doncaster 3108