



INDiGO ART THERAPY

Succeeding through creativity

Simona Weinstein of Indigo together with Ripponlea Primary School invite you on a path of self care and creative exploration. Connect to yourself and see why your kids are raving about art therapy!

Art therapy is a discipline that uses creativity to enable us to explore thoughts and values. This can lead to de-stressing, a better understanding of ourselves, and open new ways of behaving and thinking.

Parents, you are invited to join an exciting

Indigo Creative Workshop

This is a gift for you and your well-being.

Come along in some comfy art-making clothes with an attitude of authenticity.

There is no need to be great at art. Just enjoy and trust the process.

Looking forward to seeing you Monday 27th March 2023, 9.00-10.15am in the RPS Art Room,
as we journey with creativity.

Warmest, Simona Weinstein & Indigo Therapy Group

