

Creative Arts Therapy

Free mental health support
for young people (12–25)



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Sometimes words aren't enough.

Creative Arts Therapy is a no cost program that offers a safe, inclusive space to explore your thoughts, feelings, and experiences through art, movement, music, and imagination.

You don't need any art skills — just curiosity and a willingness to try something new.

At Family Access Network (FAN), we support young people who've experienced challenges at home, housing instability, or family violence. We're proud to be Rainbow Tick accredited and have been working alongside young people for over 40 years.

Whether you're navigating stress, trauma, identity, or relationships, Creative Arts Therapy can help you:

- Understand and express emotions
- Manage your mental health and wellbeing
- Heal from trauma and difficult experiences
- Build confidence and connection

Who can access the program

Young people aged 12–25 who are:

- Experiencing or have experienced family violence or homelessness
- LGBTIQA+

This program is offered at no cost, thanks to the generous support of Family Safety Victoria.



Meet our Creative Arts Therapists



Cody Fisher (He/Him)

Cody is a queer Creative Arts Therapist with experience supporting young people navigating trauma and family violence. His work centres around holding safe, inclusive,

and creative spaces for people to explore, express, and connect. Through a collaborative, person-centred approach, Cody uses therapeutic evidence and arts-based processes to help individuals give shape to what's hard to put into words.



Emily Yates (She/her)

Emily studied her Masters in Therapeutic Arts Practice at the Melbourne Institute of Experiential Creative Arts Therapy. For Emily, Creative Arts Therapy is a way for an individual

to enquire into their own experiences, emotions, and patterns of behaviour in a safe, nonjudgemental, and innovative way. She uses a person-centred approach, encouraging multimodality as a way of enquiring into identity, authenticity, and challenges.

Ready to get started?



Register via the QR code and complete the referral form.

For more info visit fan.org.au or call 03 9890 2673

