

Sunday Workshop



Leah Cotterell (singer), Helena Rohenfeldt (researcher), and Dave McGuire (guitarist)

9 OCT
2pm-4:30pm

NEW VENUE:
St. Francis College,
233 Milton Rd., Milton.

(Next door to the XXXX brewery and 100 metres from Milton Station). Entrance via Baroona Rd between no.25 and no.29 or via Milton Rd (city bound traffic only) on the Toowong side of the brewery. Park in the grounds in visitor parking areas. Follow signs to Lecture Room 1.

MUSIC, COMMUNITY AND WELLBEING

A WORKSHOP ON THE VALUE AND PLEASURE OF SELF-EXPRESSION

Music and singing offer a unique opportunity for people's voices and stories to be heard as emotions can be evoked and experienced in safe and supported ways. Leah, Helena and Dave bring together skills in professional music making and community engagement, enriched by their own journey through creativity towards wellbeing. This workshop will make room for expression, healing and personal growth, with particular reference to experiences of mental illness and distress in our own lives as well as with others.

We will hear stories, meet others, hear of upcoming events and enjoy afternoon tea (bring something to share if you can). No RSVP required. The workshop is free. Questions: Call A Place to Belong office on 3217-2522 or Neil on 0437-718-420.