**A Place to Belong will again be hosting two art therapists, Donna McDonald and Salam El-Merebi, to run an art and wellbeing group on five Fridays in February and March 2018.**

A PLACE TO BELONG works

to build inclusion for people who experience mental health challenges. We encourage the building of communities where each person’s unique strengths and struggles are valued and where we each feel we have a place to belong.

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*Towards the flourishing self* …

art for wellbeing and connection

**This is an open group for any interested person aged 18 years and over. Spaces are limited to 8 people.**

‘If art cannot physically eliminate the struggles of our lives, it can give significance and new meaning and a sense of active participation in the life process

Shaun McNiff, 1981

**PURPOSE:** Making art can help to improve people’s sense of wellbeing and connection with others. Donna and Salam will combine art making activities with guided conversations and support.

**DATES & TIMES:** 9.00am-11.00am on the following five days:

* Friday 23 February
* Friday 2 March
* Friday 9 March
* Friday 16 March
* Friday 23 March

**VENUE:** 69 Thomas Street, West End

**RSVP | REGISTRATION:** Telephone Angelica on 3217 2522 or email her at [aalban@anglicaresq.org.au](mailto:aalban@anglicaresq.org.au) and ask to have your name placed on the waiting list.

If you have questions, please contact Neil Barringham on

M: 04377 18420.

Donna McDonald BA BSW PhD & Salam El-Merebi BSW are social workers and visual arts practitioners, currently completing their studies in arts psychotherapy.