



Re:SPECT

Women healing together after family violence

Re:SPECT is a six-week creative art therapy group providing women with a safe space to break free from self-blame, find self acceptance, grow, and connect with other women who share similar experiences.

Explore themes around emotions, values, identity through:

- visual arts
- journaling
- mindfulness

Participation is free
All art materials will be provided.
No artistic skills required

DATES: Wednesdays during school terms

TIME: 12.00pm - 2.00pm

WHERE: Doncaster - location to be provided upon registration

CONTACT: TRAK Forward on 03 9896 6395 or trakeast@anglicarevic.org.au to find out more

CAREing Connections
is a partnership between

doncare



TRAK FORWARD
THERAPEUTIC RECOVERY FOR ADULTS AND KIDS