



## You Matter

### A safe space to express yourself, your feelings, and your experiences through art

A free creative art therapy group for young people aged 13-18 who have witnessed or experienced family violence.

**You Matter is a space to:**

- pause, express, connect and thrive
- improve self confidence
- learn about healthy relationships
- form new friendships

All materials will be provided  
No artistic skills required

**DATES:** Mondays during school terms -  
contact for dates

**TIME:** 4.00pm - 6.00pm

**WHERE:** Doncaster - location to be provided  
upon registration

**CONTACT:** TRAK Forward on 03 9896 6395  
or [trakeast@anglicarevic.org.au](mailto:trakeast@anglicarevic.org.au)  
to find out more

**You Matter is a partnership between**

**doncare**

