

Creative Therapies Program

Providing resources, education and clinical support to enhance creativity, expression and well-being.

Who is the program for?

Individuals who have a diagnosis of a mood disorder, anxiety disorder or an addictive disorder and find creative activities beneficial. Individuals who have an interest in finding new ways to express oneself and explore problems creatively are encouraged to attend this program. It is not necessary to have any art skills to participate.

Program Content

- Mindful art
- Defining your goals
- Expressing emotions
- Challenging perfectionism
- Values clarification
- Honouring self-care
- Practicing gratitude
- Coping with stress

About the program

This half-day program is designed to provide a way to express oneself through different art activities and mediums. Creative Therapies engages a range of senses rather than relying solely on talking therapies. Art therapy can lead to enhanced well-being and increased self-awareness as well as discovering new perspectives and improve problem solving.

When is it held?

One day a week over 12 weeks as detailed below. Open program. Morning tea is provided.

8:30am - 9:00am Registration and sign-in
9:00am - 12:15pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover. Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team
T: 02 4286 6847
E: sco.dayprograms@aurorahealth.com.au