OPEN workshop

Creative arts therapy is based on the idea that the creative act can be healing. Therapists agree that creative art can help express hidden emotions & reduces stress, fear & anxiety.

At OPEN WORKSHOP you get a chance to explore your ideas, learn new skills, make new friends and work on your own, self directed art or craft project!

- Jewellery making
- soap & candle making
- book binding
- drawing & painting

are just some of the things we work on in our sessions.

Anything is possible with the right perspective & a few tools.
No experience necessary!

Making a Sterling Silver ring

Soap making

Book binding

Open Workshop runs two Sessions every Thursday
at Exodus Youth Worx, 2/440 West Botany St, Rockdale
5:30-7pm & 7:30-9pm
<u>Bookings are essential as places are limited.</u>
Cost: $5 (all materials are provided)
To book or for more info:
elizabeth@exodusyouthworx.org.au

EXODUS YOUTH WORX

www.exodusyouthworx.org.au
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