



CREATIVE ARTS THERAPY GROUPS

Our 6 week group programs are designed to support adults with disabilities to connect and grow.

Using movement, art, dance, visual art and sound as a vehicle participants will be supported to explore social connectedness, build self-confidence, regulate emotions, promote autonomy and enhance their quality of life.

No experience or skill in any creative arts is required.

Facilitated by registered creative arts therapists.

WHO

People will be allocated to groups based on needs

WHERE

Able Australia Northcote Day Centre

To register your interest, email
allied.health@ableaustralia.org.au

