

WORKSHOP SCHEDULE

Multicultural Youth Arts Therapy Program

Light refreshments are provided at all workshops. Workshops are run from Papernook's group space at 671 Gympie Road Chermside (located in the same building as Australia Post – upstairs on Level 1).

| Session # | Dates | Times |
|-----------|------------------------|-----------------|
| | Term 2 | |
| 1 | Thursday 22 April 2021 | 3:30pm – 5:30pm |
| 2 | Saturday 24 April 2021 | 10am – 12 noon |
| 3 | Thursday 29 April 2021 | 3:30pm – 5:30pm |
| 4 | Saturday 1 May 2021 | 10am – 12 noon |
| 5 | Thursday 6 May 2021 | 3:30pm – 5:30pm |
| 6 | Saturday 8 May 2021 | 10am – 12 noon |
| 7 | Tuesday 11 May 2021 | 3:30pm – 5:30pm |
| 8 | Thursday 13 May 2021 | 3:30pm – 5:30pm |
| 9 | Tuesday 18 May 2021 | 3:30pm – 5:30pm |
| 10 | Thursday 20 May 2021 | 3:30pm – 5:30pm |
| 11 | Thursday 27 May 2021 | 3:30pm – 5:30pm |
| 12 | Saturday 29 May 2021 | 10am – 12 noon |

Arts Therapy workshops will aim to support you with:

- Feeling connected to and further exploring your cultural history and identity
- Consideration of what it means to be a young person living in Australia, while embracing your unique cultural story
- Create social connectedness and provide an opportunity for shared understanding and learning
- Improve communication skills and coping strategies around challenging content that may arise during the program
- Increase self-awareness and overall wellbeing
- Support the development of new skills in a fun, creative setting