



# ART THERAPY

Art therapy can help people to develop interpersonal skills, manage behaviour, reduce stress, increase self-esteem and achieve insight.

Art therapy utilises visual art-making to improve physical, mental and emotional well-being. It can be done with individuals or groups using art processes such as painting to create meaning.

Art therapy can be helpful for people who cannot verbalise their feelings due to developmental, cognitive or other conditions.



3 Phillip St, Raymond Terrace



**Thursdays** (children's group)  
3.15pm - 4.45pm

**Fridays** (adult's group)  
10am - 12pm

**Bookings essential**



PORT STEPHENS  
FAMILY AND  
NEIGHBOURHOOD  
SERVICES

Art Therapy is available to **current PSFaNS clients only**. Ask your worker for more details.