

REPLENISHING YOURSELF

Having attended to your ongoing responsibilities, and in the company of others, now is the time refill “your cup” before the end of year celebrations.

Using art therapy media and techniques join us to explore how you can replenish your energy by drawing on your internal resources.

Through a series of targeted exercises you will have opportunities to develop your potential in an enjoyable and supportive environment.



Just Add Passion, 5375 Richardson Road, Stoneville.
Fridays 10-2pm November 16th and 30th



Cost: \$160 (\$80/session with materials included)

Facilitators:

Joyce de Haas, Counsellor, Run Free Counselling &
Dianne Smith, Transpersonal Art Therapist, dianne smith design

Bookings and Inquiries: 04 1303 4348 or 04 0134 8213