

Renew and Recharge Workshops

Art Therapy

Suggested materials to prepare for the session

Please note that you don't need to have all of the suggested items. Any material that can be sourced around the home will work.



Saturday, June 22, 2024



4-5pm AEST



RECHARGE 4
RECOVERY



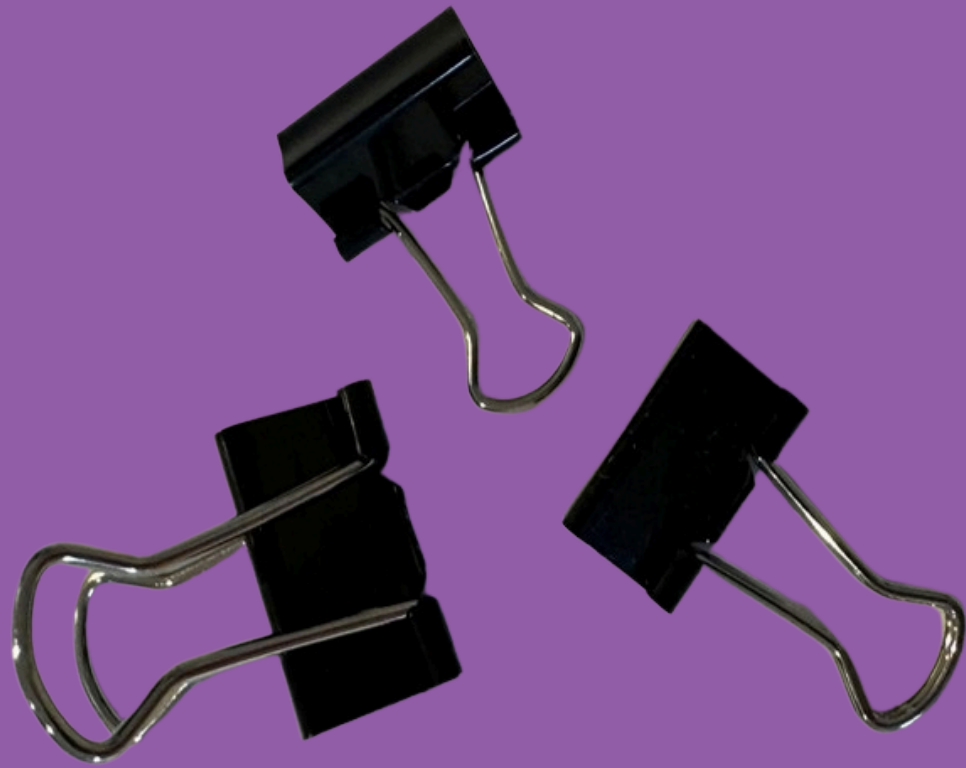
rice



cardboard



**super clay
(Officeworks)**



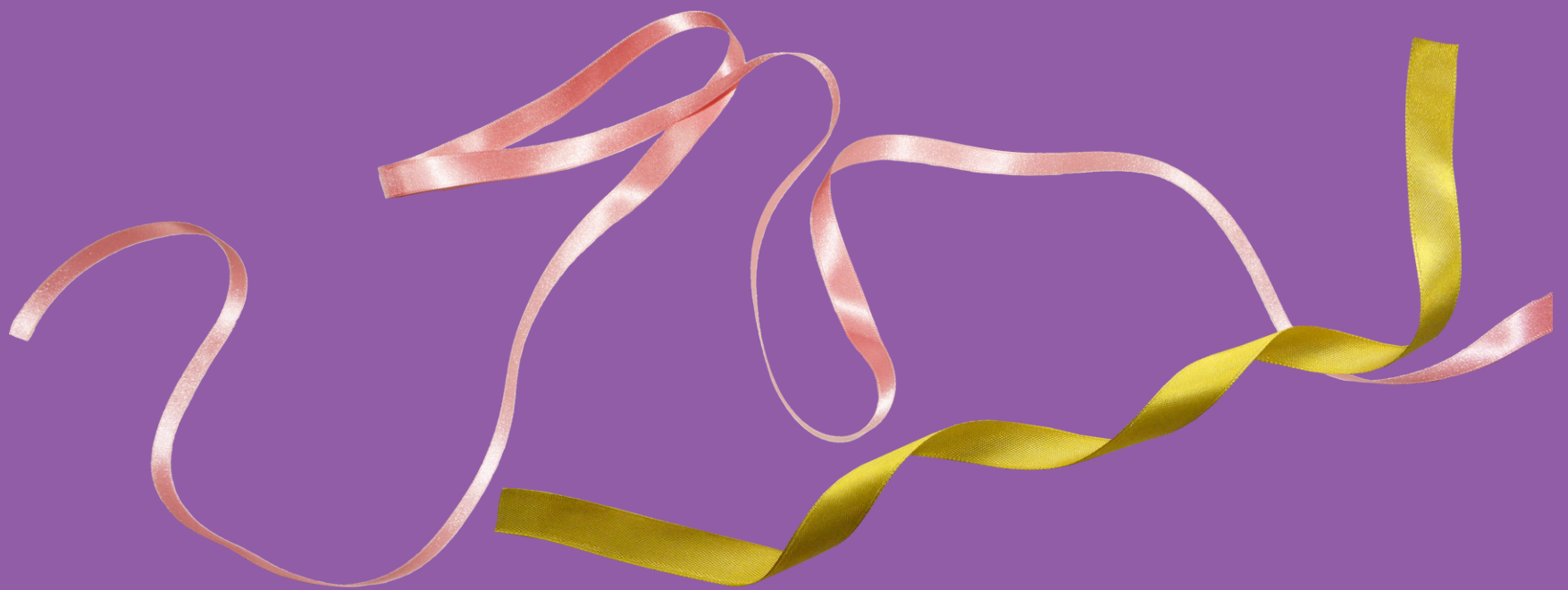
bulldog clips



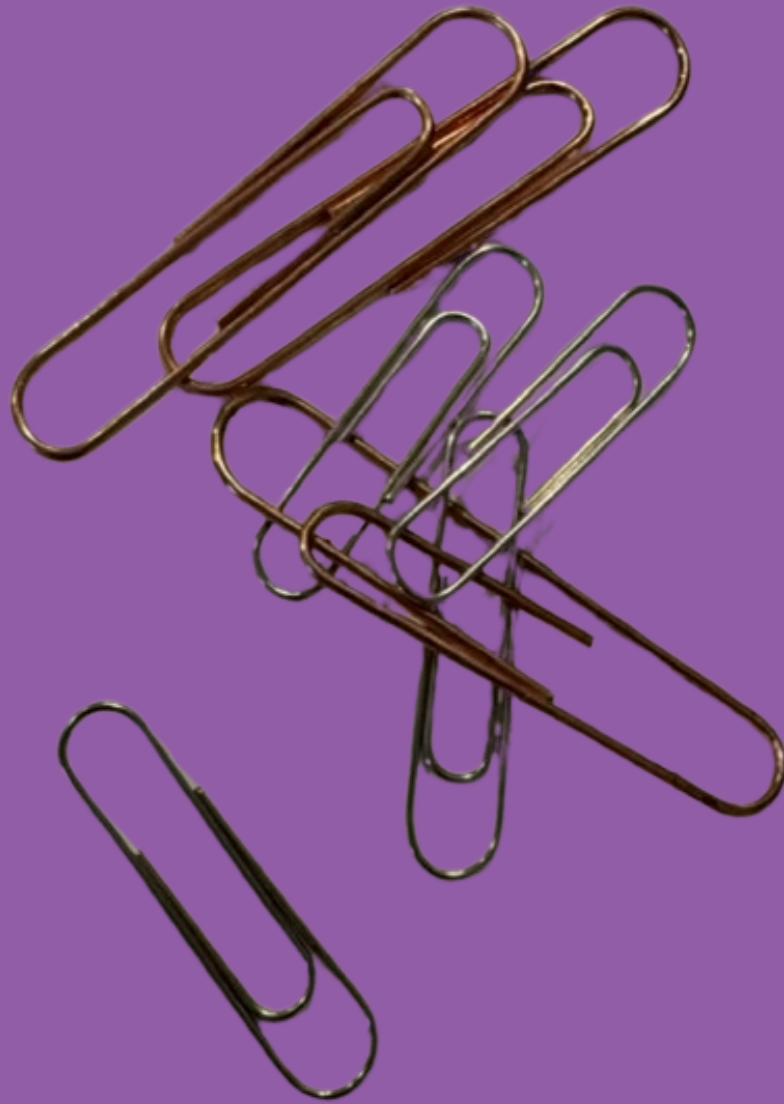
shells



stones/rocks



ribbon



paper clips



Blu Tack



foil



egg cartons



**paper cups/
patty pans**



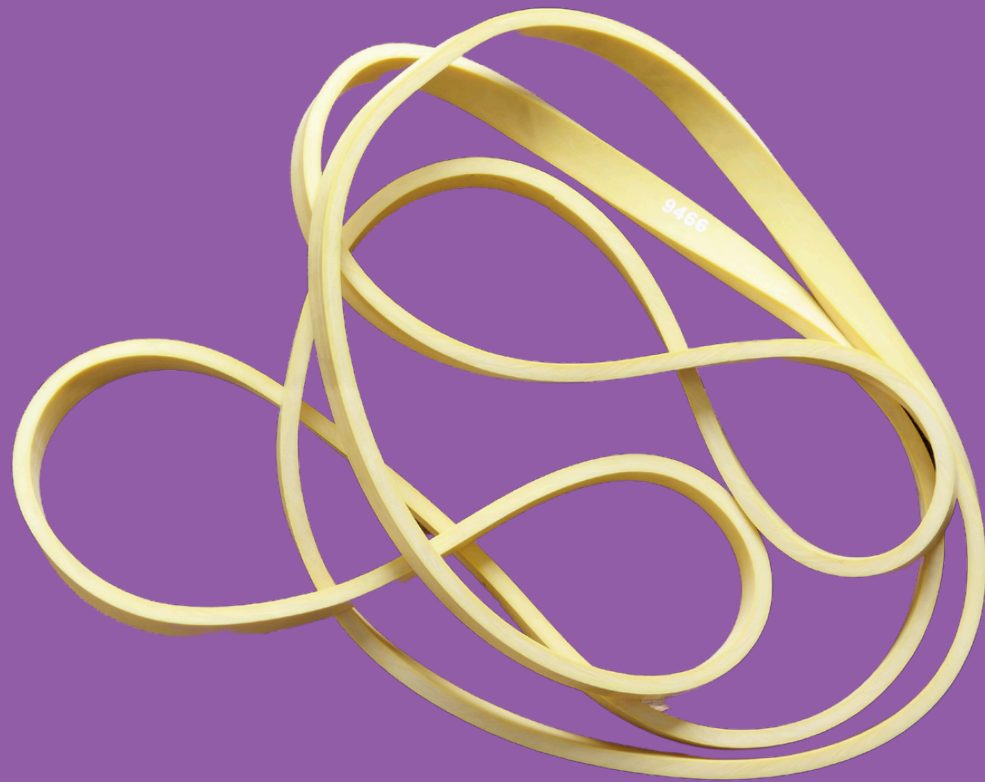
**disposable
cutlery**



beans



fabric



elastics



threads



paper



balloons



packaging



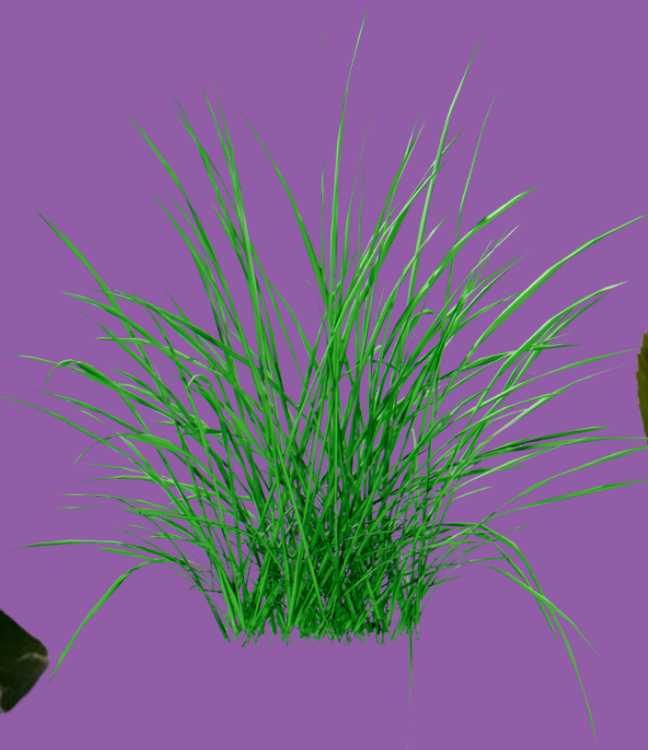
soap



beads



candles



**herbs, flowers,
leaves, grass,
sticks**