



Art Therapy

FOR CABRINI PATIENTS AND THEIR FAMILIES

ART THERAPY IS NOW AVAILABLE ON **TUESDAYS AND FRIDAYS.**

This service is available to patients, their families and loved ones. It is provided free of charge, thanks to the Cabrini Palliative and Supportive Care Creative Arts Program in Memory of Veronica Choo Neo Png.

WHAT IS ART THERAPY?

Art therapy uses creative processes to explore and express emotions and experiences that can be difficult to put into words. No prior artistic skill or expertise is required.

Working in a supportive, non-judgemental space, you might like to do some artmaking, or work with the Art Therapist to make something on your behalf.

Art Therapy sessions can be organised for inpatients in their rooms or in another space on the ward. Making art can be an immersive and relaxing outlet and can also facilitate valuable self-expression.

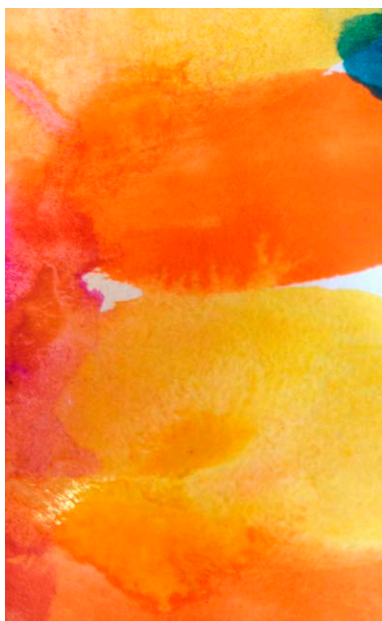
Art therapists can provide emotional support, help to reduce anxiety and improve self-awareness.

LIKE TO KNOW MORE?

If you would like to learn more about Art Therapy or express your interest in having a session, please let a staff member at reception know. Staff will organise for Catherine Hingley, the Art Therapist to get in contact with you.



Art Therapy FOR CABRINI PATIENTS AND THEIR FAMILIES



The artwork you create with the Art Therapist can be inspired by anything you like and use any medium. Explore any style and let your imagination run free.

