

# Self Compassion & Art



Separate childrens activities available. Morning tea provided

## WHEN

Weekly on  
Mondays from  
12pm-2pm

## DATES

13th February  
20th February  
27th February  
6th March

## WHERE

Waratah Family  
Centre, 2 High  
St, Waratah

Over four weeks paint, draw, collage and create as we explore the practice of self-compassion. Through art, mindfulness and guided discussions we will discuss:

- How we can practice self-kindness and compassion
- Strategies for when parenting gets stressful

No experience necessary and all materials supplied.

Call us on 4926 3577 to register

