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Through different forms of creative expression to reveal the unconscious side, to connect with our inner world and learn to take care of our feelings and emotions.



透過不同的創意表達來探索自我潛意識的一面，促進自己與內在心靈溝通、從而學習照顧自己的感覺，情緒。

對象 Target :  
婦女 women

Registration & enquiry 報名:  
[chh@chh.org.au](mailto:chh@chh.org.au) / 0404598242

<https://forms.gle/QSrJVUfbXHBj2PTHA>



廣東話  
Cantonese

Art Therapy Workshops

# 藝術治療坊

Dates: 3/6 - 1/7/ 25 ( Tue )

10:00 am - 1:00pm

5 sessions 共 5 次

Fee: \$50 ( for material 材料費)



怡康全人發展中心  
Centre for Holistic Health

Venue 地點 :

Level 1, 79 Mahoneys Rd,  
Forest Hill