



EOI 2025

Art As Therapy - Seniors Wellness Programs

AFFORDABLE COST (10 WEEKS)

What are the health benefits with Art As Therapy?

Helps reduce anxiety & mental clarity that enhances focus.

Builds emotional resilience, improves social skills & communication.

Address:

The Carlton School of Arts Hall
2 Short Street,
Carlton NSW 2218

Time & Day:

10am - 12pm
(2 hour time duration)
Every Thursday

✓ Street parking available

✓ Art materials provided

Please submit your Expression of Interest to our team.