

Creativity for Recovery

Date: Thursday 13 August 2026
Thursday 20 August 2026
Thursday 27 August 2026
Thursday 3 September 2026
Time: 10:00am – 1:00pm (3 hours x 4 weeks)
Venue: Help ahead Caringbah
383-386 Port Hacking Road, Caringbah NSW 2229

Over four weeks, this course will explore different creative mediums such as creative writing, poetry, music and the visual arts in a practical and engaging way to examine the role of creativity in mental health recovery and wellbeing.

Students will use varying approaches to get in touch with their creativity and learn how to integrate these approaches into their everyday lives.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Unsplash



For more information
please contact the
Recovery & Wellbeing
College Team

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