



# EXPRESS YOUR CREATIVITY

MAITLAND THERAPY  
DAY PROGRAMS  
Art Therapy

Maitland  
Private Hospital

**Art Therapy is suitable for all individuals experiencing mental ill health including anxiety, depression, PTSD, Bipolar, substance dependence, grief and loss or eating disorders. Art therapy is about accessing imagination and creativity and contributes to the development of a more integrated sense of self, where participants explore and express themselves in a safe and supportive environment.**

Participating in group work can counter loneliness and isolation and is an opportunity to practise social skills and relationship building and facilitate a sense of belonging and community. No prior artistic talent or ability is required, Art Therapy is for everyone.

Individuals can choose from a wide range of art materials and activities including painting, drawing, working with clay, mask making, assembling a collage or creating sculptural objects. All art materials are provided.

### **Delivery**

9:30 am – 2:30 pm, once a week for 12 weeks (morning tea and lunch provided)

### **Cost**

You will usually need either private health insurance that includes cover for psychiatric day programs or be eligible to have the program costs met by workers compensation or DVA. Our admin team can conduct a fund check to ensure that you have the appropriate level of cover, or provide a quote for patients without cover.

### **How do I join?**

Ask your GP for a referral to Maitland Therapy Day Programs. When we have received your referral we will contact you to arrange an initial assessment.

### **Contact**

#### **MAITLAND THERAPY DAY PROGRAMS**

P. 02 4937 9570

F. 02 9300 5528

E. [maitlandadmissions@healthecare.com.au](mailto:maitlandadmissions@healthecare.com.au)