

GLAD TO BE ME

DATES: Mondays 5th Nov., 12th, 19th, 26th, 3rd Dec., 10th Dec.

TIME: 12.30-2.30pm

PHONE: 8186 6944

VENUE: Community Connections 72 Collins Parade, Hackham

FACILITATOR: Rose Boswell (B.A; Dip. Ed; B. Soc. Sc.)

BOOK PROGRAM

Discover your qualities & strengths.

Feel good about you.

Decorate a book about **YOU** using Altered Book Art Therapy method.

NO experience or skills needed.

Receive your own book.

'Great time out, self expression, self -discovery;' 'I feel more confident...I'm a creative person.'

'I'm so glad to be me!'

