



**WHO IS THIS FOR ?**

3YRS-TEENS+

**CLASS SIZES**

SMALL GROUP OR INDIVIDUAL

**FOR PROCESS NOT PRODUCT**



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**WHAT IS AVAILABLE ?**

Art

Music

Movement

Sensory Activities

Sound Awareness

Nature & Garden

Literature

Meditation & Mindfulness



## **INTEGRATED CREATIVE ARTS GENERAL CLASSES**

ENHANCING :

SELF EXPRESSION

EMOTIONAL AWARENESS

STRESS MANAGEMENT

POSITIVE MINDSETS

RESILIENCE

FOCUS & CONCENTRATION



### **CREATIVE ARTS THERAPY INDIVIDUAL CLASSES AVAILABLE**

DISORDERS, BEHAVIOURAL & PHYSICAL ISSUES,

MENTAL HEALTH ISSUES,

THIS THERAPY SUPPORTS MEDICAL PRACTITIONERS & SPECIALISTS

THIS THERAPY SUPPORTS TEACHERS PROVIDING IEP PLANS

NDIS PROVIDER FOR SELF MANAGED PLANS

**CHERYL STONE**

BA Education

20 yrs experience in ECE

Primary & High School

DIP HICAT MindBody Education

Member IICT

WWC

