

Project Art

Providing resources, education and clinical support to enhance overall wellbeing.

Who is the program for?

Patients who may enjoy creative expression and would like to improve their confidence using a variety of art materials. This program may be useful in addressing their individual clinical needs.

Program content

- Step-by-step art projects including Mandalas and Zentages, watercolour, collage and mixed media, textile crafts and abstract works
- Using art as a distraction for stress reduction, mindfulness and to increase self esteem
- Personal development through visual journaling techniques
- Expressive art and independent activities to challenge ones inner critic and enhance self awareness

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About the program

This program is particularly appropriate for patients who may be unsure of their creative abilities but are interested in trying a variety of structured art projects to gain experience and confidence using art as a therapeutic tool and coping technique. It is also designed for people who would like to engage in creative self expression for personal development, or to explore emotional and psychological issues.

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When is it held?

Every Thursday from 9:15am to 3:00pm, over twelve weeks. Morning tea and lunch is provided.

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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