

# Creative Therapies for Young Adults

**Providing resources, education and clinical support to enhance the ability of young people to improve their general wellbeing.**

## Who is the program for?

Young Adults (aged 16-25) who would like to explore art therapy as a way to find their creative voice and personal style. Creative therapies may be beneficial in addressing individual clinical needs. No art skills are required, just a willingness to be creative and open.

## Program content

- Creative expression
- Explore sense of self
- Promote resilience
- Social connectedness
- Interpersonal skills
- Reflective practice
- Mindful practices
- Develop self-awareness and self-acceptance
- Self-compassion
- Develop confidence using art materials and processes
- Experience joy and fun in art making

**For information on this program please contact the Belmont Private Hospital Day Programs Team. Phone 07 3398 0270 or email [belmonttherapyprograms@aurorahealth.com.au](mailto:belmonttherapyprograms@aurorahealth.com.au)**

## About the program

This program is designed for young adults who are experiencing mental health challenges and would like to improve their general wellbeing.

The program uses a strength based approach of art therapy to explore emotions, ideas, experiences and thoughts to discover and develop ones identity. Art materials offer participants tools for visual communication and expression which can be shared and witnessed in a group setting. Each week, participants are invited to reflect on themes through individual and group response artwork.

Expressing oneself with art and connecting to different art mediums can be a mindful, sensory and therapeutic process. The creative environment encourages discussion and experimentation. Creative expression can support young people to discover their inner worlds, as well as provide peer social and emotional support.

## When is it held?

Every Wednesday from 5:00pm to 8:15pm, over 12 weeks. Light snacks are provided.

## How much does it cost?

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

## How to join

A referral from a Psychiatrist with admission rights is required to access Belmont Therapy Programs day programs.