

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

- Structured art projects using a variety of materials and processes ranging from drawing, painting, mixed media, collage, printmaking and sculpture.
- Using art as a tool for creative expression and social connections.
- Mindful art making to increase self-awareness.
- Develop a creative identity through expressive techniques and processes.
- Gain awareness of the healing power of making art in the presence and support of others.
- Develop a sense of community and belonging through shared creative experiences.

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About the program

Project art is a twelve week program suitable for individuals who are interested in making art but are unsure of their creative abilities. Each week the group is guided through different art processes and techniques. Participants are encouraged to explore, experiment and share their discoveries with one another to cultivate a thriving art studio environment. Personal exploration through a range of materials supports confidence in making art and creative expression. As a result, participants develop a creative identity and experience the therapeutic benefits of making art as a tool for personal development, coping, social connections and self-expression.

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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.