

A Challenging Stigma Week event

Carers Self-Reflective Art Workshop

Friday 24 May 2024, 10am to 2pm (includes lunch)

The RISE, 28 Eighth Avenue, Maylands

Join us for an exciting self-reflective art workshop where we'll reflect, enjoy a relaxing time, and make new friends and create art. This workshop is open to family carers aged 18 and above. Beginners welcome, no art experience needed to create and connect. All materials are supplied.

Session objectives

Create an artwork that reflects:

- the ecosystem that is your life
- areas for self-improvement
- influences, both positive and negative, affecting personal growth
- how you're connected to others
- how you see yourself growing in the future

About the facilitator

Hayley Solich is a multi-award winning leading national advocate in the mental health carer space and a recovery educator. She lives community engagement and is the current Business Development Manager and Educator at The Grief Centre of Western Australia. Hayley is creative, engaging and authentic, enjoying facilitating deep and rich conversations that are transformational.



Registration is essential

To register, send an email to events@mifwa.org.au before 5pm, Thursday 9 May 2024.