



Kintsugi Art for MIFWA Carers

Saturday 13 July 2024 | 9.30am to 12.30pm
Atwell House, 586 Canning Highway, Alfred Cove

Join us for a creative workshop for MIFWA carers where we embrace and celebrate our imperfections and find beauty in what makes us unique.

Through the transformative and liberating art of Kintsugi, we'll repair cracked or broken pottery to create something stronger, a sign of self-acceptance and a growth mindset.

Other benefits

- ✓ Discover the beauty in your own flaws
- ✓ Learn why the art of mending broken pottery with gold is a metaphor for healing emotional wounds
- ✓ Explore new ways to approach challenges with self-reflection, patience and mindfulness
- ✓ Enjoy the creative aspect of Kintsugi and create something to take home
- ✓ Meet other carers in a safe environment

Carer feedback from art activities

"Space for me to explore my own feelings and emotions while connecting with others."

"Loved it! Thank you for organizing and spoiling us for a few hours."

"Felt very grateful to have had this experience and it helped me to reignite being creative."

Who can participate?

MIFWA carers.

Costs

All MIFWA workshops for carers are free.

Register to secure your spot!

Contact Robyn Stone
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