

THE HEART STUDIO

Term 4 Session Outline

An 11-week journey combining creative activities, practical wellbeing strategies and connection. **No artistic experience needed.**

WEEK	THIS WEEK	DATE
WEEK 1	Discovering Yourself Nesting Dolls • Self-identity & discovery	8 Oct
WEEK 2	Dream, Imagine, Create Vision Board • Goals & aspirations	15 Oct
WEEK 3	Growing Into Yourself Pot Plant Decorating • Self-growth	22 Oct
WEEK 4	Words That Lift Us Wellness Cards • Hope, mantras & encouragement	29 Oct
WEEK 5	Finding Your Calm Calm & Sensory Bottles • Grounding & mindfulness	5 Nov
WEEK 6	Making Space to Let Go Letting Go Bird • Grief, change & transitions	12 Nov
WEEK 7	Giving Your Worries Somewhere to Go Worry Dolls / Stones • Anxiety & emotional wellbeing	19 Nov
WEEK 8	Creating With Compassion Clay Sculpting • Sensory wellbeing & self-compassion	26 Nov
WEEK 9	Kindness That Connects Painted Kindness Stones • Connection & belonging	3 Dec
WEEK 10	Letting the Light In Suncatchers • Mindfulness & presence	10 Dec
WEEK 11	Create, Connect & Reflect Free Choice • Creative activities, reflection & celebration	17 Dec

WHEN	WHERE	COST
Thursdays • 1:30pm - 2:30pm	Mickleham North Community Centre 82-90 St Georges Blvd, Mickleham VIC 3064	\$200 per term \$25 casual

A LITTLE REMINDER *The Heart Studio* isn't an art class, it's a creative wellbeing space. Participate as much or as little as you'd like, take a break when you need to, and choose whether or not you share.

Create. Connect. Belong. • The Heart Studio • Her Fearless Heart

