

**ANGLICARESA** | Supporting Your  
Disability & Mental Health Services | NDIS Choices

**Keesha, 24**  
Manga fan & Artist



*Keesha has been participating in the AnglicareSA group programs since 2012. Groups have helped her feel safe, make friends and build her confidence. She can cope without needing someone to hold on to.*

*She can get out of the house and experience the AnglicareSA group activities she wouldn't have enjoyed before; movie nights, The Beachouse and craft.*

## Supporting *your* NDIS choices.

AnglicareSA can help you access the NDIS and help you understand what it means for you and your family. We can also help you access our range of disability, autism and mental health service for children and adults.

We can meet with you when and where it is convenient for you so contact our friendly team today.

phone: **1800 953 001**  
email: [ndis@anglicaresa.com.au](mailto:ndis@anglicaresa.com.au)  
web: [anglicaresa.com.au/ndis-choices](http://anglicaresa.com.au/ndis-choices)

# Art Therapy Group Southern Region

January - June  
Activity Program

Monday

9:00am - 1:00pm

AnglicareSA

Suite 1, 455-457 Morphett Road,

Oaklands Park 5046

Any enquiries relating to the AnglicareSA Group Program contact the group Coordinator on

8187 6085

0418 496 028

Suite 1, 455-457 Morphett Road, Oaklands Park 5046

[www.anglicaresa.com.au](http://www.anglicaresa.com.au)

## NDIS PARTICIPANTS WELCOME

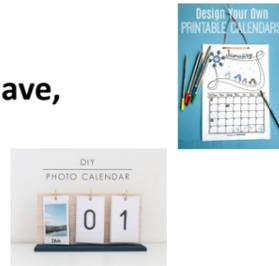
For more information, on how to access Groups with NDIS funding contact our NDIS Customer Service Team

**1800 953 001**

# January

## January 14th — Design Your Own Calendar

Using pictures, quotes and any other artistic ideas that you have, you will create your own calendar. Use it as a gift or keep it for yourself.



## DIY MINI DESK CALENDAR



## January 21st— Design Your Own Calendar

Make the final touches on your calendar that you started last week. You will be able to bind the calendar and take it home with you today.

## January 28th— Colander Art

Using paint and a colander, you will have the opportunity to create unique art pieces on canvas.



### Important Information for Customers

\*Remember to bring a water bottle and wear enclosed shoes

\*\* Activities may be changed at short notice due to weather restrictions and alternate activities will be available

\*\*\* Advise group Coordinator if any of your contact details change

*Feedback and suggestions are always welcome*

# June

## June 3rd— Oil Diffuser and Perfume



Create your own oil diffuser which is a perfect gift. Using rice, essential oils and other craft supplies you will create your own pocket of scent for you to spice up your home.

## June 10th—Mosaic Art

Learn the skill of mosaic. Create your own mirror, picture frame or coaster using vibrantly colored pieces of tile. Enjoy spending time with your friends while you get creative.



## June 17th—Rock Art

Using a variety of rocks you can create pictures, decorate frames or create ornaments. You can also decorate the stones and use them as garden pieces.



## June 24th— Design Your Own Apron

Learn how to make an apron using fabric, hemming tape and hand needles. You can create a full apron or a waist apron.



# March

# April



### March 4th—Ceramic Mug Decorating

Decorate your own mug to take home.  
You will use nailpolish and sharpies to  
Create your one of a kind mug!

### March 11th—Clay Sculptures

Spend this afternoon creating anything you can think of.  
A bowl, a keyring, a frame, a sculpture. It air dries and  
can be decorated as well.



### March 18th—Tie Dying

Bring along your own bag, hankie, bandana or other piece of  
clothing that you want to transform. Using one color or  
multiple, you can brighten up your wardrobe in one afternoon.



### March 25th— Button Creations

Learn how to sew your own cushion or bag  
and decorate it by sewing buttons on.



### April 1st— DIY Flower arrangements

Learn how to make your own flower bouquet that  
will never die! Using creative origami skills you will be able  
to create a beautiful bunch of flowers.

### April 8th—Kite Making

Learn how to make a kite. Decorate your kite and piece it  
together. See if it takes flight, although even if it doesn't,  
it makes a beautiful art piece!



### April 15th— Easter Art and Crafts

Make pop-up Easter cards for your friends and family.  
You will also be able to make some chocolates and  
Your own gift basket to store the chocolates in.



### April 22nd— Confetti Bowls

Create your own confetti bowls but using a balloon  
And modge podge. These make a great gift basket  
Or addition to your home décor.



### April 29th—Brain Training

Time to work the biggest muscle in your head—your brain!  
Word searches, cross words, Sudoku are just some word  
games you will participate in this afternoon.



# May

## May 6th—Lantern Creations

You can create a moody lantern which comes to life with the help of a battery operated candle. Have a woodland theme, fairy or butterflies or anything else you can think of!



## May 13th—Mini Gardens

Create your own mini garden using soil, pebbles and fake grass. These make a perfect addition to the centre of your table, bookcase or a unique gift!



## May 20th—DIY Lanyards

Make your own lanyard which is handy to keep your keys on or anything else you can think of. These can be created with fabric, beads or plastic tubing.



## May 27th—Create Your Own Mindfulness Pages

Get creative and draw your own mindfulness mandalas and other pictures and spent time practicing your Art therapy skills.



# February

## February 4th—Paper Marbling Class

Learn how to create exquisite pieces of art using shaving cream and watered down paint. Get creative with coloring and create masterpieces.



## February 11th—Learn How to Knit

Get your knitting needles and wool ready as you start with a something a bit harder if you're up to it). Once you get the hang of it, time will just fly!



## February 18th—Jewelry and Keyring Creations

Make your own keyring or jewelry pieces. There is more to beading creations than threading beads on the string. Enjoy the relaxing afternoon keeping your hands busy.



## February 25th— Sensory Activities

Create your own cloud putty, slime and stress balls. They are the perfect way to keep your hands busy. Add glitter or coloring to personalize them.

