ANGLICARESA

Tuesday: Six Week Workshops (1-4pm, with transport 12-5pm)

6 Week Work Shops - Core Support- Northern Program

Remember:

To bring a water bottle, hat and wear enclosed shoes.
Bring your own lunch unless otherwise stated in the program (i.e. shared BBQ lunch).

Important:

Activities may be changed due to extreme weather conditions.

Activity Cost:

You will be required to pay the activity fees on the day. All activity fees are noted on the program.

Any enquiries relating to AnglicareSA Group programs please contact:

Program Coordinator
0481 411 151

Feedback and suggestions are always welcome!

For more information on how to access Groups with NDIS funding, contact our NDIS Customer Engagement Team on **1800 953 001**

Tuesday: Six Week Workshops

ANGLICARESA

A Interactive hall based set of three workshops to open you mind, explore, strengths, improve skills and share your journey through creativity

WORKSHOP ONE: WELLNESS- 2021 Soul Reset (At The Clock Tower, Playford)					
February 2nd Light conversation around what wellness means to each other	**February 9th** **Visual Story Telling-** Using different methods, to express yourself & share your journey by creating journals	**February 16th** **Soul Check in-** Guided Meditation/ yoga/ light walk/ breathing exercises	**February 23rd** **Self-Respect-** Self-worth conversations Reduce the pressure we put on ourselves & Learn different ways to recharge our batteries	**March 2nd** **Inspirational Cards-** Develop wellness cards, Personal quotes	**March 9th** Confidence- Balanced assertiveness & voice confidence Workshop/ role plays & Course feedback
WORKSHOP TWO: ART THERAPY- Inspire, Create, Explore (At The Clock Tower, Playford)					
April 6th Art Therapy- *Manage behaviors, process feelings, reduce stress and* **anxiety**, *and increase* **self**-*esteem*	**April 13th** **Clay Art-** Exploring Clay Individualize Clay Pots or Clay Animals	**April 20th** **Textures-** Felt Art, Felt boards & story telling creations	**April 27th** **Self Portrait-** Using Charcoal to create a self portrait	**May 4th** **Spray Paint Art-** Spray paint, tape & a canvas	**May 11th** Explore and express feelings and improve overall wellbeing, with magazines, fabric, paper, paints & more. Course feedback
WORKSHOP THREE: Embracing Technology (At The Clock Tower, Playford)					
June 1st Computer history, how did we get here?	**June 8th** **Technology overview-** how do we use laptops/ tablets/ computers?	**June 15th** **Connections-** Email, internet & social media	**June 22nd** **Microsoft-** Spreadsheets, Documents & Publisher	**June 29th** **Creativity-** Paint brush, PowerPoint, cards, letters, resumes	**July 6th** **Protect your privacy** Overview & feebdack

See back for more information

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