



# 'Stepping Stones to Empowered Living' – Creative Workshop for Carers



**Mental Health Carers NSW**

**Are you a dedicated carer eager to transform your life?**

You're invited to our Mental Health Month event, **'Stepping Stones to Empowered Living - Creative Workshop for Carers'**, where you will explore your caring journey through art and creative expression.

Join our engaging course focused on connections and crafting an intentional future. Discover how to envision your ideal life, reverse-engineer steps to achieve it, and prepare loved ones for more independence.

Express creativity through drawing, coloring, and collage, then walk on your stepping stones, turning dreams into reality through planning and vision. Anything is possible!

The workshop will include a creative activity, led by art therapist, Lisa McArthur-Edwards and Carer Peer Trainer, Anne Stedman.

We will then finish the session off with some complimentary afternoon tea and a chance to connect with other carers.

**No creative experience or talent required, this is an expressive and representational activity. All materials will be provided.**

If you are unable to make it to the workshop, please let us know as this workshop has a limit of 15 participants and we'd love to pass on a ticket to anyone on the waiting list.

**Training Details:**

**Date:** Monday 30th October 2023

**Time:** 10:00am - 2:00pm

**Venue:** MHCN's office in Pyrmont

**Registration essential!**

Please register through Trybooking by clicking the link below or scanning the QR code above:

<https://www.trybooking.com/CLLCE>

**Questions?**

Contact Jade Curran at [mhcnadmin@mentalhealthcarersnsw.org](mailto:mhcnadmin@mentalhealthcarersnsw.org)



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## About Lisa

Lisa has worked in creative community development for 12 years with schools, women's groups, youth, youth at risk, and disability organisations, and is also a practising visual artist who exhibits regularly. Her work is funded through department of education, local council, government, privately and through grants. She is a qualified and registered Art Therapist and transpersonal counsellor using her skills to empower individuals through creativity, storytelling and the trauma space.

She offers private, online, face to face, NDIS, groups, and works with schools and organisations for women, youth and disability. Lisa is a dedicated facilitator who holds space for individuals to journey towards healing with safety and compassion using powerful techniques and processes.

## About Anne

Anne has a BA and a Masters in International Communication, TAFE Training qualifications for Certificate IV Mental Health and Alcohol and Other Drugs, and Diploma Mental Health. She is a former member of LEAG (Lived Experience Advisory Group) Hunter PIR and later Hunter Primary Care, as well as LEAG Mental Health Commission. Anne also has extensive volunteering and Board member experience as well as a keen interest in community development and empowerment.

