

# PERSONAL DEVELOPMENT GROUP

Using Expressive Arts - painting, drawing, working with clay, movement -  
& Psycho-Dramatic techniques

Facilitated by KARYN DOWN

**MONDAYS 7.00pm-9.00pm or TUESDAYS 10.00am—!2 Noon**

at SITEWORKS—33 Saxon Street, Brunswick

**Define how you are in the world**

**What matters to you**

**What you want to change &**

**How to go about it**

**Creatively explore your roles and relationships using the expressive arts, psychodrama and group work and find the ways in which spontaneity and creative choice can help with difficult or even chronic issues.**

**Within the group there will be the opportunity for individual creative expression, group work and shared reflection.**

**Karyn Down is an experienced group facilitator , experiential and creative arts therapist as well as an Assistant - Director in Psychodrama. Group cost: \$200.00 for 6 weeks. Cost includes art materials. Bookings apply.**

**Contact Karyn on: 0450 102 033 or email: [contact@creativecounselling.com.au](mailto:contact@creativecounselling.com.au)**