

ART EXHIBITION

ME, MYSELF,

AND ART

This exhibition invites you into the world of Art Therapy, and the many ways people use art-making to support their well-being and mental health.

The exhibition features the work of children, young people and adults who attend Art Therapy in the Penrith and Blue Mountains area, as well as some of the parents, therapists and staff around them.

This art is not about painting a pretty picture (although, you can if you want!), it is about finding a way to use our senses, creativity and body to express what words often cannot.

OPEN DAY

28 September
10am – Midday

Art, children's activities
and drumming

Other Viewing times:

21st, 22nd and 24th

**September by
appointment.**

Text Morgana:

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Old Council Chambers, Penrith