

Inverloch Creative Therapies

Support for frontline
workers in our
community



CREATIVE APPROACHES FOR FRONTLINE WORKERS TO MANAGE STRESS AND PREVENT BURNOUT

Join our **pilot program** in July & August 2025, designed for ADF and community workers, firefighters, nurses, paramedics, police and teachers. Participate in hands-on sessions for wellbeing, stress relief, and burnout prevention.

Using an art therapy first aid approach, the program offers participants a sense of safety, calm, connection, efficacy and hope, core elements of therapeutic arts that soothe emotional distress and support personal strengths. No art experience necessary.

What's the investment?

Just your time, your curiosity, and your feedback for our evaluation and follow-up report on this pilot project.

Introduction to Creative Arts Therapy

A brief overview and experiential exercise of how it supports stress relief and well-being.

Thursday 24 July - 6:30-8pm online via zoom

Thursday 31 July - 6-7:30pm - in Person - Inverloch

Small Group Short Course Dates (maximum 6 participants per group)

Tuesdays - 5, 12 & 19 August - 6-7:30pm in person - Inverloch

OR

Thursdays - 7, 14 & 21 August - 6:30-8pm online via zoom

Contact Inverloch Creative Therapies for more information:

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