

Curate Me Art Therapy

'Tune in' to your mental wellbeing through art therapy

Free virtual interactive sessions for young South Asians on tuning into your senses and feelings and expressing yourself through art.

- Are you a South Asian between 18 and 30 years of age?
- Do you want to learn how to express yourself by creating portraits?
- Do you have an interest in mental health and mental wellbeing?
- Do you want to meet like-minded people who are also interested in creativity and mental health?

DATE & TIME

- **Welcome session:**
Saturday 2 October
11 am-12 pm AEST
- **Session 1:**
Saturday 9 October
10 am-2 pm AEST
- **Session 2:**
Saturday 23 October
10 am-2 pm AEST

FACILITATOR

Rupa Parthasarathy • Founder of Mindkshetra Creative Arts Mental Health Studio

REGISTRATION COMPULSORY BY 24 SEPTEMBER 2021.
[Please follow this link to register.](#)

The sessions will be available Australia-wide. You don't need prior art experience to participate. Limited seats are available so get in quick!

The sessions will be held via Zoom and art supplies will be mailed to you prior to the sessions.

Participants will have an opportunity to showcase their artworks at the last Session on Saturday 23 October.



Project funded by



MINDKSHETRA