



## **Creative Flex – A Journey for the Heart and Mind High School Art Therapy Group Program**

### **Why Creative Flex?**

Adolescence is a time of change, discovery, and challenge. Creative Flex provides high school students with a safe and supportive space to explore emotions, identity, and relationships through art therapy. Art therapy uses creative processes to strengthen self-awareness, resilience, and emotional wellbeing. Sessions are designed to be engaging, non-judgmental, and accessible for all students — no art skills required.

### **Program at a Glance**

- **10-week program** (1 hour per week)
- **Group size:** Up to 10 students
- **Location:** Delivered at your school
- **Cost:** \$270 + GST per session (includes all materials and travel time)
- **Facilitated by:** Qualified and registered art therapists (ANZACATA)

### **What Students Will Explore**

Each week focuses on a theme connected to **Maslow's hierarchy of needs** and building **fundamental self-awareness**.

- **Safety** – feeling secure in self and environment
- **Game of Life** – problem-solving and resilience
- **Black and White Thinking** – exploring identity and decision-making
- **Belonging** – friendships and acceptance
- **Emotional Landscapes** – understanding emotions
- **Masks** – exploring inner and outer self
- **Communication Blocks** – finding voice and building confidence
- **Strengths** – celebrating personal qualities
- **Control** – what we can and cannot influence
- **Values** – clarifying what matters most

### **Program Benefits**

- Supports emotional regulation and self-awareness
- Encourages confidence and communication skills
- Builds a sense of belonging and peer support



- Provides creative outlets for managing challenges
- Helps students develop resilience for everyday life

Many schools have already utilised our sessions for vulnerable students and have seen the value these groups provide in building confidence, self-expression, and resilience. Schools can be contacted to verify the benefit for their students. Please reach out to us directly for more information.

### How It Works

Creative Flex sessions are designed to be **strength-based, person-centred, and trauma-informed**. Art activities are hands-on, engaging, and tailored to the needs of students.

Warm-ups and main activities use a variety of materials — clay, collage, drawing, and mixed media — to keep sessions fresh, creative, and meaningful.

### Contact Us

#### Vlinder Expressive Arts Therapy

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✨ *Creative Flex – A Journey for the Heart and Mind helps students feel safe, connected, and empowered to discover their strengths.*