



SIBELLA CARE

# Sibella Care

## Day Program - Expression through Art

*Tuesdays from 10am to 12pm*



Are you a budding Artist? Want to explore different mediums? Join our Expressions through art programme! Participants explore different mediums as a means to share thoughts, ideas and emotions.

### **Benefits:**

- Artistic expression and creativity: Explore different mediums as a vessel to express yourself
- Fine Motor Skills: Improve your precision and coordination.
- Social interaction: Share your ideas amongst other budding artists

### **Additional Information:**

No cost associated. Painting shirt recommended.

Ages: This program is best suited for participants aged 15+

Join us today. Scan the QR code to find out more or call 1800 020 042

