

Toronto Private Hospital

Art Therapy

Providing resources, education and clinical support to enhance your creativity, expression and wellbeing.

Who is the program for?

The group is suitable for individuals experiencing mental illness such as anxiety, depression, PTSD, bipolar, substance dependence, grief and loss or eating disorders.

Program content

There are no set modules for art therapy. Instead group members are encouraged to express themselves using materials such as painting, drawing or collage. You do not need any art experience or previous art training to do art therapy. Most participants have not done any art making since they were in primary school. In art therapy every mark that is made on a piece of paper is valued, as is every person in the group.

About the program

The Art Therapy Program is suitable for anyone who struggles to put their thoughts and feelings into words, as well as individuals wanting a safe place to explore themselves through creative expression. Participants do not require any skills in drawing or painting. Art therapy is about self-expression, making meaning, exploration and finding healthy coping strategies.

When is it held?

This group is held on Tuesday mornings 9.00am-12.00pm every week for 16 weeks.

How to join

A referral from a Psychiatrist or GP is required to access Toronto Therapy Services mental health day programs. If required, a mental health assessment will be arranged prior to commencing a program.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or Workers Compensation. We ask that participants confirm any applicable out of pocket or gap costs directly with Toronto Private Hospital.

Further information

For information on this program please contact the Toronto Private Hospital Day Programs Team.

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