

MIND MATTERS

COUNSELLING SERVICES



WHATS ON

As of **1 January 2024** Mind Matters Counselling will be offering the following group workshops. The workshops will be run at The Integrated Therapy Centre, 49 Gisborne Road, Bacchus Marsh.

Workshops are open to individuals 15 years and older. The drumming basics and introduction 2 hour group is a prerequisite to attend the Deep Dive 6 hour full day drumming group.

Details	Day - Date	Time
Flow Art Workshop – Self Exploration - Past – Present – Future – Trilogy Series	Tuesday 23 January 2024	10.00 - 4.00 pm
Drumming Basics and Introduction	Monday 29 January 2024	3.30 – 5.30 pm
Flow Art Workshop – General - Flow	Friday 23 February 2024	10.30 – 4.30 pm
Deep Dive – Drumming for Calm - 6 Hour Experiential Exploration Safety, Boundaries, Mental Health and Triggers	Tuesday 27 February 2024	10.00 - 4.00 pm
Drumming Basics and Introduction	Monday 4 March 2024	3.00 – 5.00 pm
Deep Dive – Drumming for Calm – 6 Hour Experiential Exploration Feelings and Emotions	Tuesday 12 March 2024	10.00 - 4.00 pm
Drumming Basics and Introduction	Wednesday 27 March 2024	4.30 – 6.30 pm
Flow Art Workshop – Theme Based Exploration	Thursday 28 March 2024	10.00 – 4.00 pm
Deep Dive – Drumming for Calm – 6 Hour Experiential Exploration Stress Responses and Trauma	Wednesday 3 April 2024	10.00 – 4.00 pm
Flow Art Workshop – Theme Based Exploration	Monday 8 April 2024	10.00 – 4.00 pm
Drumming Basics and Introduction	Tuesday 9 April; 2024	3.30 – 5.30 pm
Deep Dive – Drumming for Calm – 6 Hour Experiential Exploration Wellness, Self Care and Personal Growth	Tuesday 16 April 2024	10.00 – 4.00 pm
Flow Art Workshop – Theme Based Exploration	Tuesday 30 April 2024	10.00 – 4.00 pm

All enquires to kayegriffin@mindmatterscounselling.com