

CREATIVE REFLECTION

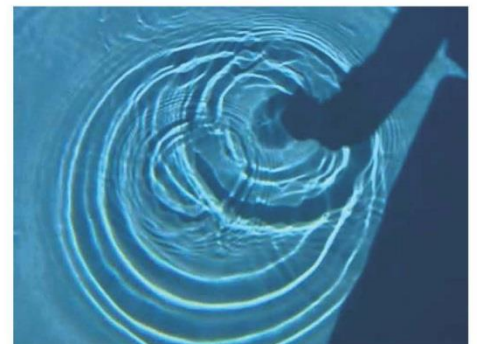
"Creation is a sentient and instinctual flow that determines where to go and what to change or omit"- Shaun McNiff

Substance Use Recovery (SURE) provides a welcoming, hopeful, holistic, family inclusive, recovery oriented and professional service, that works with you in exploring all options to create a pathway for your journey into recovery.

SURE is holding a Creative Reflection Group - a recovery focused therapeutic group using experiential and creative arts activities. Group sessions explore what recovery means to you, and we invite you to use a range of creative modalities to reflect on your experience. Creative reflection can be rewarding, and can bring about new insights and discoveries. No prior artistic experience is necessary to participate in the group – just a curiosity and openness to try something different!

The Creative Reflection group will run on Monday afternoons, facilitated by Miranda Rose and Fiona Lewis.

Referral can be arranged by contact with Miranda or Fiona. You can also speak to your counsellor or to SURE Intake to register your interest in the group.



When: Monday afternoons,
1 - 3.

Dates: January 15th, 22nd, and
29th; February 5th, 12th, and
19th.

Where: EACH Building B,
46 Warrandyte Road,
Ringwood

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