



SOUTH WEST ARTS

N.C. Whitham Art Presents



Creating art and mental wellness

Local artist Narelle Whitham is hosting free art classes for drought affected people experiencing hardship in Deniliquin and Moulamein.

Art therapy can reduce stress and anxiety and improve sense of belonging, self-esteem and personal empowerment. The classes will have fun and friendly creative activities, for all age groups.

There is no charge and all materials are provided. The classes will be held fortnightly until December:

Moulamein - CWA, Turora Street ([Poster PDF](#))

- Adult workshop - Wednesday 12.30 - 2.30pm
- Children workshop - Wednesday 3.30 - 4.30pm

Deniliquin - South West Arts, End Street ([Poster PDF](#))

- All ages - Saturday 12.30 - 2.30pm

There are limited spaces available, so bookings are essential - contact Narelle Whitham 0428 188 773

Don't forget Artstate early bird ends this Friday 14 September - [Book now...](#)
