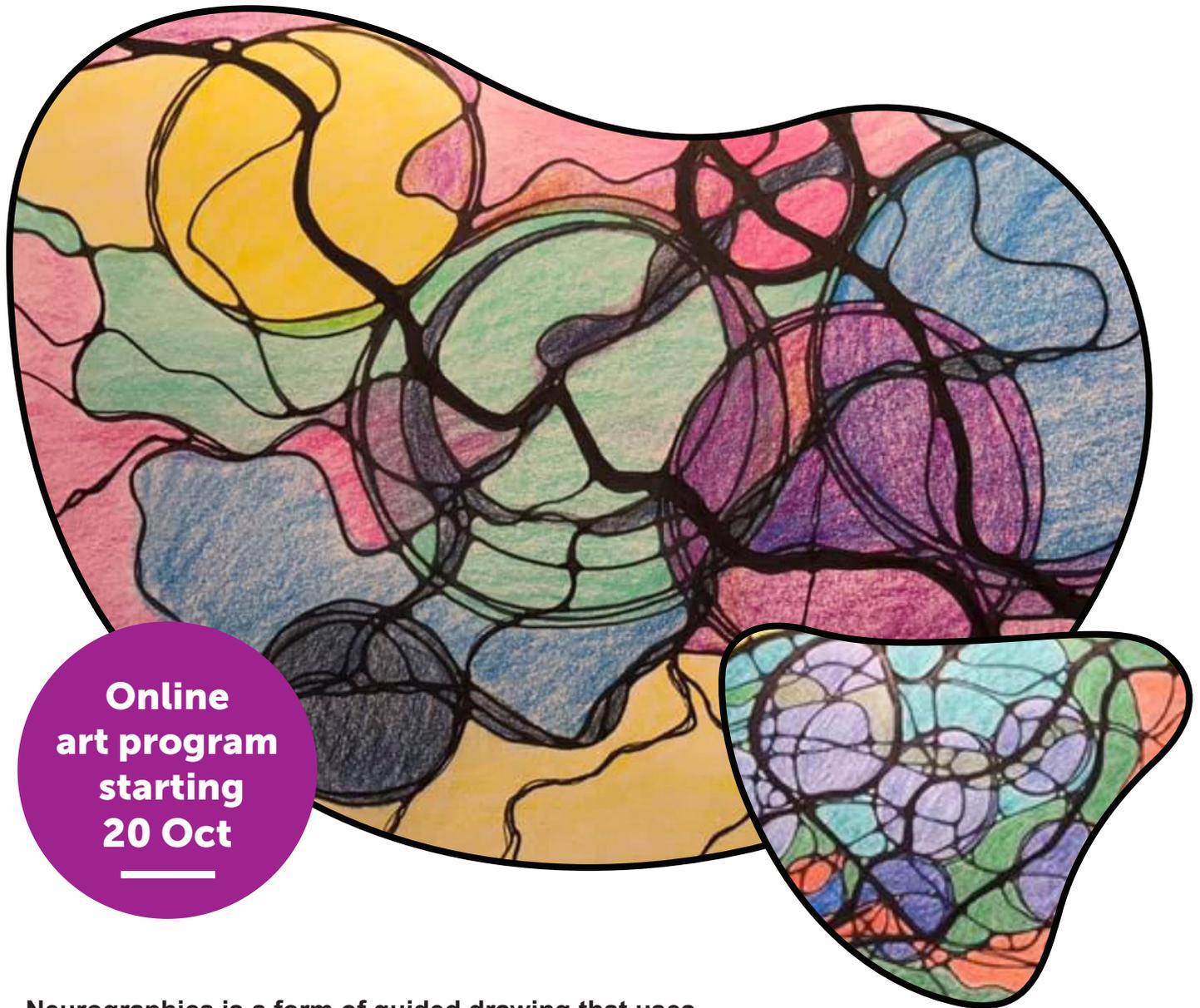


Art Program for Carers

Experience Neurographica – The transformational mindful art



**Online
art program
starting
20 Oct**

Neurographica is a form of guided drawing that uses lines and symbols to allow you to connect with and transform your feelings, thoughts and beliefs relating to a broad range of topics.

As a carer, it's important to make time for yourself to de-stress and reflect. Neurographica provides you with a powerful opportunity to release your anxiety and stress on paper. It's a therapeutic practice where anyone can create and enjoy – you don't have to be an artist. When you engage in Neurographica you connect with your negative subconscious beliefs and transform them into positive, to create a life you love.

Open to
Members of
Parkinson's
Queensland*

*Conditions apply

Benefits

Participants have reported the following results after one or more sessions drawing on issues using Neurographica:

- Gained new perspectives on issues and challenges
- Increased confidence to achieve goals and desire to take action
- Feelings of calm, peace, and trust
- Increased energy, happiness, and joy
- Increased feeling of intuition, listening to inner voice, and connection to heart
- Enhanced sleep
- Increased creativity, flexibility in thinking, and mental clarity
- Reduced emotional distress
- Removal of blocks and impediments to action
- Ability to recognise patterns in thoughts, emotions and behaviours.

What participants are saying

"It was an experience of exploration, provided in a container of safety and method. I was surprised to find that for me it was an active meditation; one that both rested and stimulated my mind. It was an experience that found my rigid parts of thinking and gently created space and flexibility within them. It was an activity that silenced the mental chatter as I was absorbed in the process and with working with my hands in a non-demanding way. Then suddenly I would unexpectedly have a realisation or have insights into an area of my life that was stuck or causing me angst; it seemed the stillness of my mind combined with the creativity and movement of my hands untangled some part of me." - *Jane K*

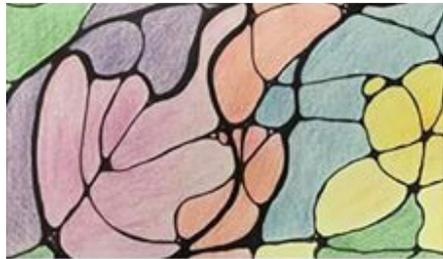
About the facilitator

Kirsty Mitchell has been working with hopes and dreams supporting clients to achieve their goals, mainly in career development, since 1998. Her expertise is in creative approaches to achieve change. She is currently completing a Master of Mental Health – Art Therapy to focus on creative ways of achieving change and enhanced wellbeing whilst supporting mental health. She has trained in and specialises in Neurographica, a relatively new art method that originated in 2014 that is an exciting new technique.



She lives in the Gold Coast hinterland with her husband, 9 year old daughter, Poppy (pooch) and Molly (moggy). She is actively involved in the Gold Coast community in a variety of ways, most recently with the local CWA and her daughter's school.

Find Kirsty on LinkedIn at: [linkedin.com/in/mitchellkirsty](https://www.linkedin.com/in/mitchellkirsty)



Delivery

All sessions will be held online via Zoom.

Timeline

First session to be held:

Wednesday 20 October 2021

10am – 11:15am

Then every third Wednesday of the month for 8 months.

Cost

This transformative art program is **free** for all eligible Carers. Open to Members of Parkinson's Queensland (conditions apply).

Materials list

Paper (A4), Black pen (gel or ballpoint), coloured pencils and a thicker black marker.

Laptop, computer with webcam, or mobile. Stable internet.

Requirements

Participants are required to complete the DASS-21 pre and post the program, this short questionnaire measures levels of depression, anxiety, and stress. A quality of life measure will also be used pre and post the program.

Program goals

The program goals are to provide a support group for carers of Parkinson's Queensland, to allow you to connect and build community with each other, whilst also providing you with a range of art based activities to support you in a mindful way to reduce stress and challenges relating to your caring role.

Questions?

If you have any questions about this program, please contact the facilitator via kirstymitchell08@outlook.com.

Interested in participating?

Register your interest in this program with Parkinson's Queensland, email pqi@parkinsonsqld.org.au or phone 1800 644 189.