



with artist Anne Riggs PhD

Grief & Loss

When Saturdays 23 February, 9 March and 23 March
13 April, 11 May, 18 May, 15 June, 22 June 2019.

Time 10am to 1pm

Where garden studio Highett

Cost : \$80 each session, clay included
\$150 for two
\$220 for three

Booking: is essential. Book through [TryBookings](#)

Enquiries: You are welcome to call or email me.
Anne Riggs PhD Artist
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www.anneriggs.com

People who are experiencing loss are invited into my garden studio to explore, create and express their grief. **Art for Soothing and Strengthening** provides a shared creative space for people processing grief, loss and trauma. Your loss may be the death of a loved one, however, endings, illness and change are also profound losses.

In the Grief and Loss art groups you don't need to tell your story. Comfort can be found by being in the presence of others who are also mourning; you can immerse yourself in your own creative expression.

Art experience is not necessary. Clay is provided, along with soothing music, good coffee, and a nurturing, supportive environment.

artforsoothing
&strengthening