for the caring professions

Helping to improve people’s lives as a professional is rewarding, and challenging. However, carers also need care.

For medical and allied health staff/carers in hospitals, community health centres, aged care facilities, and those who passed the various art spaces where I have been working and said: “I wish I could be part of that!”, this session is for you!

A morning to relax into your creativity - painting, working in clay, drawing, your choice. You will be nurtured with a delicious, wholesome (maybe a little bit decadent) morning tea, artistic guidance, and in a creative space.

When: Saturday 25 May
Time: 10am to 1pm
Where: Garden Studio, 7 Sterling Avenue, Highett
Cost: $80, materials and morning tea supplied
Booking: is essential. Book through TryBookings
Enquiries: Anne Riggs PhD Artist. 0417 526 636 ariggs@alphalink.com.au

This is part of an on-going series of creative collaborations with professionals. I know many of you will be shift workers and this time won’t suit. Do feel free to contact me to suggest suitable times or organise an art for soothing & strengthening program in your workplace.
About me: Anne Riggs

I am a visual artist - a painter, drawer, maker. I work with clay, paper, photography, timber and mosaics too, and make hand made books.

I have worked creatively for many years with people who have experienced trauma, loss and grief, and those with mental illness - particularly with women who have been abused - as children, in their teens and adulthood. I have run arts programs in hospitals in Melbourne, India and Nepal.

I have been witness to see that participating in the arts, with an artist, can positively transform people’s lives. I have enjoyed observing participants flourish as they create, and hearing participants tell me how being in our groups help reduce feelings of anxiety, isolation and depression.

I provide professional development training to the caring professions, as well as to teachers. Arts practice in wellbeing (trauma, loss and grief) has been the subject of a PhD and ongoing research.

If you would like to see pictures or read about the projects I run, I invite you to look at my website.