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**Animism** perceives all things, rocks, plants, animals, mountains, rivers, weather systems and human art as animated and alive….

…

The Animists Journey” models’ **equity over equality** with a deep awareness of service within our social ecology offering X2 **Twelve-week** programs with sliding scale cost.

Each participant’s price for the program will vary.

All inclusive. NDIS, LGBT, CALD Diversity honored.

**COST:** $30- $60 a day. [All materials provided]

Facilitated on consecutive Fridays. [Closed group]

**VENUE:** North Brisbane. WONTOK Centre Old Petrie Town.

Sunshine coast – Venue still to confirm.

**TIME:** 10:00 am – 2:00 pm.

 THE GREY SPACE is excited to present..

THE ANIMIST’S JOURNEY

North Brisbane & Sunshine coast.

**Is this program going to benefit from your participation?**

With the pressures of our current times are you hungry to build your community and self-sustaining practices?

Have you a lived experience that reflects the land in your own physical and mental health recovery?

Have you ever wondered what gifts you hold, or thought of sharing your innate gifts with society, though there is resistance?

Are you ready to try something new and energize your potential?

**Art therapy,** sometimes called creative arts therapy or expressive arts therapy, encourages people to express using the creative process while working with emotions, conflicts, and impulses as a vehicle for expression.

Art Therapy explores meaning through ‘art making, moving beyond explanations and the controls of one-way speech opening us up to insights and discoveries.

Art therapy uses the materials of the visual arts such as paint, clay, pastels, chalk pastels, and collage. An art therapist has an in depth understand of these mediums, there qualities and how they lend themselves to the creative process.

Art therapy does not mean we have to have any exposure to, or experiences with art or art materials. Feeling free to express in whatever form instigates a different way of interacting with the self and communicating to others.

By recognizing outmoded habits and expectations, old patterns of thinking and being, of emotional pain, and deeply entrenched opinions about ourselves, we gain our own understandings.

*Curing the soul is the first and essential thing!* (Socrates)

**Expressions of interest sent to Shanna McLeod.** **Shanna.solution.gpth@outlook.com**

**Note: The Animist Journey will adjourn with an exhibit. Participants stories will be documented as resources for the development of The Grey Space suicide prevention booklet and e book 2021.**