

Expressive



Next Workshop: Sunday 5 April 2026

Theme: Honouring the stories your body holds

This playful art therapy workshop provides a session of insightful, reflective explorations of your life experiences, images, voices and messages as you bring them to life in the visuals and narratives that are uniquely you.

Through the workshop's wide-ranging somatic encounters and creative processes you will be able to give space to the stories that no-one else can tell, all along moving from loss and stuckness into the expressive flow from where you can entertain the question, what's next for me?

Each monthly gathering will produce a different piece of your own creative expression, working with a variety of media including writing, paints, fabric, pebbles, clay and more. Limited places, bookings required.

WHERE: MIAC Art Space - 93b-97 Coast Road, Macleay Island*

WHEN: Sunday 5 April 2026

TIME: From 10.30am-1.00pm

COST: \$35. All materials provided*

BOOKINGS:

Online <https://www.trybooking.com/DJYNT> or scan the QR code

Email esperanza.egan@gmail.com



*Free shuttle bus service. Be at the Macleay Island Ferry Terminal by **10.20am**.

*If you are experiencing financial hardship, email esperanza.egan@gmail.com confidentially for a free-of-charge spot while they last.

Esperanza Egan —MGestTherapy, MFMH, MAC



Esperanza is Director of Therapist Australia, clinical supervisor and educator in Australia and overseas. Esperanza is drawn towards the transformational power of working through grief, trauma and conflict, and works as an individual and couple therapist; she runs therapy and clinical supervision groups. She holds a Master of Gestalt Therapy, a Master of Forensic Mental Health and a Master of Communication.



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