

Are you seeking mental health support?



ART THERAPY PROGRAM

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[FAN.ORG.AU](https://fan.org.au)
OR SCAN THE QR CODE



(NO COST)





ART THERAPY MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE (12-25)

Family Access Network (FAN) is a youth homelessness organisation based in Box Hill. We work with young people who are impacted by life circumstances that have made it hard for them to live at home.

We work with all young people impacted by these circumstances and we're specialists in working with:

- LGBTIQ+ young people and
- Pregnant and parenting young people.

We have been supporting young people for 40 years and have been proudly Rainbow Tick accredited since 2014.

FAN offers free individual art therapy to support young people to heal and recover from difficult experiences at home or since leaving home. You don't have to be experiencing homelessness to access our service but its ok if you are. If you're not sure if you're eligible, you're welcome to get in touch for a chat.

You don't need any art skills to do art therapy, just a willingness to give it a try.

1 What can we support you with?

Services are tailored to your needs and you can let us know what you'd like to focus on. Some examples of what you might see an art therapist for include:

- Managing your mental health and wellbeing
- Trauma related to family conflict, family breakdown or family violence, including experiences related to LGBTIQ+ identity or being a young parent
- Stress around housing instability or homelessness
- Relationship Issues

2 Who is the program for:

Young people aged 12-25 who meet one of the following:

- Experienced family violence or homelessness
- LGBTIQ+
- Pregnant or young parent

3 Cost

Free!

This program is offered at no-cost thanks to the generous support by Australian Communities Foundation in partnership with Paul Ramsay Foundation.

4 Why would I see an art therapist?

Sometimes our thoughts and feelings are hard to put into words, or simply talking about issues isn't enough. Art Therapy supports people to explore their emotions, work on wellbeing and promote healing in a safe and supportive environment.

5 I'm interested or would like more info

To sign up for the program, make a referral or simply to ask for more information, please call or email FAN. Ask to speak to our Art Therapist Jess (She/Her).