

Talking with Pride

A FREE Art Therapy Group for LGBTIQA+ Young People (15–25)

Talking with Pride is a safe, fun and creative space for LGBTIQA+ young people who have experienced family violence, conflict, or rejection.

What are the benefits of Art Therapy?

Art Therapy uses creative expression as a way to explore feelings and experiences that can be difficult to put into words.

Through art therapy, participants can explore their identity, build resilience, and find support among peers who understand their experiences.

It can help young people to:

- Reduce stress and anxiety
- Build confidence and self-expression
- Strengthen coping strategies
- Feel seen, valued, and supported



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Term 4 Dates (7–week program)
Tuesdays 3.15–5pm, Box Hill location

Week 1: Tuesday 14 October

Week 2: Tuesday 21 October

Week 3: Tuesday 28 October

Week 4: Tuesday 11 November

Week 5: Tuesday 18 November

Week 6: Tuesday 25 November

Week 7: Tuesday 2 December



For more information or to join the group,
please contact FAN on **03 9890 2673** or
visit our website **fan.org.au**