

About You:

The idea of art making and exploring your creativity is a bit exciting. And creating art in a group with others who share a similar experience, and who understands yours gives you comfort (even though it might be a big nerve-wracking at first!).

You might be well at the moment and feeling it would be great to do something relaxing on a cold winter's day. However, you may not be, and are looking for something soothing that will help you express yourself - whatever that might be, or will help keep anxiety or pain at bay.

This art session has scope for you to express yourself as needed.

About Art for Soothing & Strengthening

We will be hand-building with clay. This is a beautiful material, of the earth. It is easily sculptured and moulded and most people love the feel of it - me included! Other women I have worked with say that their "feelings just come out through my fingers and into the clay!".

For those of you who have limited energy, it's fine. The clay is soft and easily managed. I recently worked with a young woman with a severe spinal injury who is in constant pain. She loved the clay because it took her mind away from her injury and onto something uplifting and positive. As she progressed her confidence and skills built she loved being involved in something life affirming.

I will give you instructions to get you started and guidance throughout the group, as needed by you.

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 been an artist in residence at Peter Mac and also in a cancer hospital in Nepal. Much of my work has been running groups with people who are dealing with some of life's toughest situations - like illness, trauma, and loss.

I received a PhD (2010) for my research into arts practice in recovery after sexual assault, I also have a Master's of Fine Arts degree for work I did about the impact of war.

I enjoy observing participants flourish as they create, and hearing participants tell me how being in our groups helps reduce feelings of anxiety, isolation and depression.

If you would like to see pictures or read about some of the projects I run - including similar groups to these, work with students here and in Nepal, and with other community groups, I invite you to look at my website anneriggs.com or Facebook (Anne Riggs).

I have a private practice in Highett, and run groups from my studio.