

Day Program : Art, Music & Movement

The Art and Music/Movement programs are evidence and research based therapeutic practices that can help those experiencing mental ill-health.

What is the program about?

These two programs are about expression through the channels of art, music and movement. It can help to heal, express and illustrate the diversity of experience while generating improved wellbeing, self-awareness and perspective.

Who is the program for?

These programs are for people who want to learn and expand their understanding, perspectives and problem solving skills through multi-modal creative activities.

What does the program cover?

Sometimes words are not enough and these therapies provide the opportunity to express one's self more fully through a range of different materials and activities. These programs focus on a range of areas including all types of art, music and movement practices and does not require any knowledge of art.

When is it held?

The Art Therapy day program is offered one day a week for a period of 12 weeks and the Music Therapy is held one day a week for ten weeks per program.

How can participants enrol?

Discuss interest and suitability with a General Practitioner (GP). A GP will then conduct an assessment and provide a referral if appropriate.

How much does it cost?

Patients are admitted as a day patient and as such can claim their attendance via their health fund. We ask that patients confirm any applicable out of pocket excess or gap costs directly with Brisbane Waters Private Hospital Day Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.

For more information on the range of programs offered at Brisbane Waters Private Hospital's Central Coast Clinic visit: www.centralcoastclinic.com.au

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