



# THE BREAK

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**JOIN US**  
**ART PROGRAM**

## ABOUT THE PROGRAM

Art offers people a creative form of self-expression; it can help express feelings, emotions and ideas. It also provides a space for us to slow down and be mindfully present with ourselves.

Art allows us to find a pathway to process our struggles and challenges without delving too deep into them. It will enable us to write the narrative of the experience outside of ourselves, providing us with freedom of expression, insight and release.



*get in touch!*

## TYPES OF ART PROGRAMS

### ART IN MOTION (AIM)

**AIM** is about getting out into nature to produce art as you move through changing scenery. We kayak down rivers, walk bush trails or walk through environments like outdoor parks/gardens and theme parks. Kayaking is dependent on weather conditions, whereas walks can occur in almost any weather. We use the inspiration of nature, mindfulness, and meditation to use art to explore emotions and process feelings.

### EXPRESSION THROUGH ART (ETA)

**ETA** is undertaken at many locations, but mostly in our office. It involves meditation and other psychological tools to invite people into a safe, relaxed space to explore and process emotions while developing their artistic talents. It uses emotions, feelings, thoughts, group activity and role-plays to inspire the artwork. Our therapeutic art facilitator with lived experience and our senior counsellor (a decade of postgraduate studies) developed our Program. The Therapeutic Art facilitator successfully delivered this Program in an industry-leading addiction rehabilitation facility.

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**The Break seeks to help those who fall through the cracks in the current social service system with innovative programs**

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## FREQUENTLY ASKED QUESTIONS

### I CAN'T DRAW

You don't need to be artistically talented.. Art with us is not about being Michaelangelo or Picasso. It's about learning to release those thoughts that have been perculating in your subconscious or conscious mind. So great skill is not required.

### WHAT KINDS OF ART DO WE DO?

We predominantly draw (colour or grey led pencil) on paper, but some painting is also undertaken on some trips. The artwork can be kept private or shared, but you are not forced to share unless you want to. We also have people produce spoken word or pieces of prose.

### I DON'T NEED THERAPY AND JUST WANT TO DO ART

Great art inspires people to feel. It often comes from a place where we tap into feelings and find ways to express this We use various devices (e.g. meditation) to attempt to tap into something deep, and primal, We also recognise art is not only about how it impacts the audience but also what it does inside the artist in its creation. So art does not need to be 'therapy' but we hope it moves you somewhat.