

Why a Village?

The village is a metaphor for the First Floor Program because it emphasises an aspect of community which is not present in other organisations and, in many cases, is non-existent in modern society.

Villages are important as they are inclusive and evolve to meet the needs of their population. In this way they are able to become self-sustaining communities. Villages rely on close bonds between their members and, as a result, members feel comfortable, welcome and safe in the village environment.

The groups established here aim to meet the needs of numerous individuals who have entered our village over a period of more than ten years. It is hoped that you and the other members enjoy the experience, whilst learning things about yourselves and assisting others in their personal discovery.

You are an integral part of the village we have created at the First Floor Program and our café hospitality work program.

You are a valuable part of this community and we thank you for your special gifts. The insight and kindness which you bring help to enrich the lives of the entire village community.

The First Floor Program also offers the following:

- Drug & Alcohol Counselling
- SMART Recovery
- Case Management
- Outreach Programs
- Family Conferencing
- Mentoring
- Parenting Training
- Financial Literacy
- Workshops
- Social Outings
- Professional Workplace Training (hospitality)

FOR ASSISTANCE OR MORE INFORMATION

Telephone: 4229 1079 Fax: 4227 6457



Community Programs

The Salvation Army
Wollongong Corps
Burelli St
Wollongong

art 4 healing

A picture is worth a thousand words

A safe place to explore, create, reflect



CONTEMPLATION
CREATION
REFLECTION



*Why art is helpful...
sometimes it is difficult to find the
words to describe our experiences.*

Art 4 Healing uses the creative process - drawing, painting, collage, sculpture – to explore and express emotions, thoughts, memories and ideas.

Artistic ability is not required to participate in or benefit from Art 4 Healing, as the focus is on the creative process rather than on the finished item as a work of art. Art 4 Healing provides a safe space to visually explore feelings which may otherwise be difficult to express verbally or understand.

We meet

Every Wednesday

10:00 am – 12:00 pm and 1:00 pm - 3:00 pm

(except public holidays)

at **The Salvation Army**

First Floor Program, Burelli St, Wollongong
(between Corrimal & Harbour Sts)

When life presents us with a constant array of challenges it is important to find a peaceful space, a carefree place within yourself.

A space that replenishes us so we can face what the week ahead will bring.

Drawing, painting and sculpture provide such a place within us.

The meditational qualities of art making calms, centres and increases our concentration.

We are no longer gripped by our emotions as slowly through the creative process our troubles are no longer important and we become engrossed in the moment.

The reward of learning a new skill and making drawings, paintings and objects is satisfying and boosts confidence.

The step by step instruction and demonstrations make it a very calm process and everyone surprises themselves with what can be achieved, especially if you cannot 'draw a straight line or only do stick figures'.

So come and join us and share the peace of making art.

Process rather than product

Art 4 Healing is about the process of being creative, of enjoying the experience and sharing it with others, not about the finished product.

Art 4 Healing is more about the work of art that is our lives.

