

Art in the Park

The Four Elements

The Four Elements is a mindful art program held in a natural environment. It is designed to encourage participants to access and harness their emotional creativity in union with the elements of the universe - Fire, Earth, Air and Water. Over the course of six weeks, our program takes a journey through life, using artistic activities and mediums centred on the element of the week.

FIRE



EARTH



AIR



WATER



Includes:

- Experienced youth facilitators
- 1.5 hour guided session
- Variety of artistic mediums
- Healthy snack
- Afternoon sessions
- 7-11 & 12-17 year old groups
- Referral acceptance by health professionals, caregivers and the participants themselves

**SUMMER
SERIES**



Red Ginger Services

www.redginger.net.au

Art in the Park

Program Format: MAX 12 participants

Week 1: **New Beginnings** | Group introduction and the start of a new journey

Week 2: **Fire** | Lighting the flame within

Week 3: **Earth** | Connecting with Mother Nature and her gifts

Week 4: **Air** | Accepting and harnessing the winds of change

Week 5: **Water** | Peering into our reflection and nourishing our inner selves

Week 6: **Celebrations** | Group farewells, reflections and gifts

TERM 1, 2018: CARINE OPEN SPACE

7-11 & 12-17 year olds : 4:30pm - 6:00pm

Tuesday February 27 - Tuesday April 3

Wednesday February 28 - Wednesday April 4

Register Now!



Red Ginger Services

+61 407 420 068
info@redginger.net.au
www.redginger.net.au



Art in the Park is a mindful art program which aims to improve the happiness and wellbeing of participants by engaging their creativity and imagination. Our program is centred on using a variety of artistic mediums to harness nature, express emotions and challenge negative thoughts. Our goal is to nurture participants, develop resilience and teach coping strategies for negotiating life's obstacles.

Art in the Park:

- Allows participants to engage with art and nature as a positive outlet for emotion
- Uses a range of mediums, including clay, paint, charcoal, pastels and collage
- Is a safe, fun and nurturing group environment
- Is run by experienced Youth Facilitators
- Accepts referrals by health professionals, caregivers or participants themselves

The program is perfect for people who:

- Are interested in art or developing their artistic skill
- Are looking for something fun and interesting to do
- Enjoy being outdoors and connecting with nature
- Want a break from their regular routine
- Are looking for a positive channel for their thoughts and feelings
- Want support for any issues they may be facing
- Want to meet new friends
- Are looking for an alternative form of therapy



Art in the Park Information Sheet

The Four Elements Program

The Four Elements

Art in the Park - The Four Elements is a mindful art program designed to encourage participants to access and harness their emotional creativity in union with the elements of the universe - Fire, Earth, Air and Water.

Over the course of six weeks, our program takes a journey through life, using artistic activities and mediums centred on the element of the week. Sessions are 1.5 hours in length and are held in a natural environment.

Program Format:

- Week 1: **New Beginnings** | Group introduction and the start of a new journey
- Week 2: **Fire** | Lighting the flame within
- Week 3: **Earth** | Connecting with Mother Nature and her gifts
- Week 4: **Air** | Accepting and harnessing the winds of change
- Week 5: **Water** | Peering into our reflection and nourishing our inner selves
- Week 6: **Celebrations** | Group farewells, reflections and gifts

Art in the Park - The Four Elements program is also available as a **Beach Experience**, where all sessions are held in a **coastal** environment.

- After school sessions
- Multiple locations offered
- 8-11, 12-17, 18-25 & older adult age groups
- Healthy snack provided
- All art supplies included
- Only \$200 per term – **special offer of \$100 per client this term**



Art in the Park Registration Form

The Four Elements Program

This registration can be completed by the participants' parent/guardian. Please answer all questions. If a referring professional is present, please include all contact details to assist liaison. Please inform us of any relevant changes promptly whilst attending the program.

Participant Name:		Address:	
Aboriginal/Torres Strait Islander: Y / N		Suburb:	
		Postcode:	
Phone No.:	DOB:	Gender:	
Parent/Guardian Name:		Relationship:	
Phone No.:			
Email:			
Signature:			
Emergency Contact Name:		Relationship:	
Phone No.:			
Tell us about the young person (i.e. reasons for attendance, physical and/or mental health issues, any current concerns we should be aware of):			



Art in the Park Registration Form

The Four Elements Program

Formal health diagnoses (if any):

Current medications (if any):

Allergies/special food requirements (if any):

Are there any past or existing links to mental or youth health services (e.g. CAMHS, DCP, school/private psychologist, headspace, psychiatric services)?

Describe any self-harm or suicidal ideation issues:

General INCLUSION Criteria:

Please circle

Wiling to engage in a group setting and listen to others

YES

NO

General EXCLUSION Criteria:

Please circle

Acutely psychotic, substance abuse, violent or aggressive

YES

NO

If relevant:

Referrer's Name:	Practice Address:
Referrer's Title:	
Phone No.:	Email:
Date:	Signed:



Art in the Park Participant Information Sheet

The aim of *Art in the Park* is to build on your artistic strengths and resources. Being in the great outdoors, making new friends and engaging in art activities, are all ways *Art in the Park* will help you to further develop your creativity, artistic ability, self-awareness, social skills and self-esteem.

Day to day living can be busy, confusing and tricky to manage sometimes. Many young people welcome some support in dealing with the stress. You can be part of a group that also helps to manage life with greater confidence and imagination.

The atmosphere is supportive, encouraging, respectful and fun. A variety of art materials are offered to stimulate a creative process to help you to identify and express your feelings in a group environment, (*if you choose*), and as a way to help you understand how you view yourself and others.

Participation is not based upon your level of artistic skill. The program is offered at low cost and a healthy snack is provided.

UPCOMING PROGRAMS:

Term 1 – Tuesdays starting commencing 27th February 2018
and

Term 1 – Wednesdays starting commencing 28th February 2018

Contact Annie-Rose at **Red Ginger Services** for more information
on info@redginger.net.au or 0466 889 776



Art in the Park Consent Form

Section A - For the participant or parent/guardian to complete (if below 18 years):

I _____ agree to my child participating in the 'Art in the Park' program for young people.

1. I have read and understood the program summary, and any questions I have asked have been answered to my satisfaction.
2. I understand that my child may withdraw at any time without reason and without prejudice from the program, (please note: *Red Ginger Services* is under no obligation to issue a refund, but will consider extenuating circumstances on a case by case basis).
3. I understand that all information provided is treated as strictly confidential and will not be released by the facilitators unless required to do so by law.
4. If relevant, I agree to have my child's referring health professional kept informed of my child's progress throughout the program.
5. I agree that research data gathered for the program may be published, (and accessed by the Australian Council on Healthcare Standards for evaluation purposes), provided that my child's name, or other identifying information, is not used.

Signature: _____

Date: / /

Section B - For the participant to complete:

I _____ (write name)

1. Have read and understood the 'Art in the Park Participant Information' sheet.
2. Agree to take part in this Mindful Art Program.
3. Understand that:
 - This program is about making me happy and helping me with any issues I may be facing.
 - I can ask questions at any time.
 - I can stop taking part at any time.
 - Photographic prints or video of me and my work may be used by *Red Ginger Services* for education, training, supervision and promotional purposes, **unless I state otherwise.**

Signature: _____

Date: / /



Art in the Park Payment Form

**Term One
Program
February 2018**

Course Details:

The Four Elements:	6 weeks		
Location:	Carine Open Space		
Day:	Tuesday	Day:	Wednesday
Commences:	27th February 2018	Commences:	28th February 2018
Age Group:	8-11 & 12-17 years		
Time:	4:30pm - 6:00pm		

Total Cost: \$ 100.00 (no GST applicable)

EFT: Account No.: 084 1139
BSB No.: 302 162
Reference: Participant's First & Last Name
Date Transferred: _____

Cheque: Make Payable to
'Red Ginger Services'
Date Posted: _____

Please send completed Registration, Consent and Payment Forms to:

1. Email - info@redginger.net.au
2. Text - 0407 420 068 (i.e. take pictures of all forms with camera on phone and send as MMS)
3. Post - Red Ginger Services
41 Hawker Ave
WARWICK WA 6024

**Please note:
Placement only secured upon
receipt of payment**