Creative Wellbeing Workshops

Community Investment & Funding Proposal

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Executive Summary

Creative Wellbeing Workshops is a community-based wellbeing initiative designed to improve mental health, reduce social isolation, build resilience, and strengthen community connection through accessible creative experiences.

Rather than focusing on artistic skill, our workshops use creativity as a practical wellbeing tool. Participants engage in hands-on art, craft, nature-based activities, reflective exercises, and meaningful conversations in safe, welcoming environments.

Our programs are designed to be inclusive, low-pressure, trauma-informed, and suitable for people of all creative abilities.

Through creativity, participants experience opportunities to:

- Reduce stress and anxiety
- Increase confidence and self-esteem
- Improve emotional wellbeing
- Build healthy relationships
- Develop resilience
- Strengthen community belonging
- Learn practical self-care strategies
- Experience calm, connection and purpose

Creative Wellbeing Workshops can be delivered in community centres, neighbourhood houses, schools, libraries, workplaces, disability services, aged care settings, family support organisations and mental health services.

Vision

To create connected, resilient communities where creativity becomes a pathway to wellbeing, belonging, confidence and hope.

Mission

To make creative wellbeing accessible for every person regardless of age, background, experience or ability.

Community Need

Across Australia, communities are experiencing increasing levels of:

- Stress
- Burnout
- Loneliness
- Anxiety
- Carer fatigue
- Youth mental health challenges
- Social isolation
- Family disconnection
- Workplace pressure

Many people are looking for non-clinical, welcoming opportunities that promote wellbeing before crisis occurs.

Creative wellbeing provides an evidence-informed preventative approach that encourages connection while improving emotional wellbeing.

Our Approach

Our workshops combine:

- Art therapy-inspired activities (non-clinical)
- Mindfulness
- Creative expression
- Positive psychology
- Nature connection
- Community building
- Reflection
- Conversation
- Practical wellbeing strategies

No artistic experience is required.

The emphasis is on process rather than perfection.

Program Portfolio

1. Carers & Parents Workshop

Wellbeing & Reflection

Carers Creating Calm

Purpose

Supporting carers and parents who often place everyone else's needs before their own.

Outcomes

Participants will:

- Reduce stress
- Reconnect with themselves
- Build emotional resilience
- Develop self-care routines
- Connect with others experiencing similar challenges
- Reduce isolation

Activities

- Scrapbooking
- Card making
- Journalling
- Painting
- Mindfulness art
- Nature crafts
- Reflection activities
- Relaxation practices

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2. Adults Workshop

Creative Pause

Art for Calm and Connection

Purpose

Helping adults slow down, recharge and improve wellbeing through creative practice.

Outcomes

Participants:

- Experience reduced stress
- Improve emotional wellbeing
- Increase confidence
- Build friendships
- Learn practical wellbeing strategies
- Develop ongoing creative habits

Activities

- Painting
- Mixed media
- Collage
- Pot planting
- Dreamcatchers

- Terrariums
- Diamond art
- Seasonal creative projects

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3. Men’s Workshop

Men’s Wellbeing

Work, Water and Connection

Purpose

Providing men with practical opportunities to connect without pressure.

The workshop uses shared activities to encourage conversation naturally.

Outcomes

Participants:

- Reduce isolation
- Build trust
- Strengthen social networks
- Improve wellbeing
- Develop practical coping strategies
- Increase confidence seeking support

Activities

- Fishing
- BBQ gatherings
- Wood projects
- Gardening
- Outdoor walks
- Campfire conversations
- Model building
- Leather craft
- Basic photography
- Community projects

4. Kids Workshop

Creative Calm Kids

Express • Connect • Breathe

Purpose

Helping children develop emotional regulation and confidence through creativity.

Outcomes

Children learn to:

- Express emotions safely
- Build friendships
- Develop confidence
- Improve focus
- Practice mindfulness
- Strengthen resilience

Activities

- Painting
- Clay
- Fairy gardens
- Nature crafts
- Story art
- Sensory activities
- Colour exploration
- Breathing exercises

5. Family Workshop

Creative Connection

Families Creating Together

Purpose

Strengthening family relationships through shared creative experiences.

Outcomes

Families:

- Improve communication
- Build positive memories
- Strengthen relationships
- Encourage teamwork
- Reduce stress
- Enjoy meaningful time together

Activities

- Collaborative canvases
- Family scrapbooks
- Nature art
- Pot planting
- Card making
- Seasonal decorations
- Fairy gardens
- Community art

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6. Women’s Workshop

Crafted Connections

Create • Share • Connect • Belong

Purpose

Creating supportive spaces where women can connect, relax and build friendships.

Outcomes

Participants:

- Reduce isolation
- Improve wellbeing
- Increase confidence
- Build community
- Develop creative skills
- Practice self-care

Activities

- Floral crafts
- Journalling
- Watercolour
- Scrapbooking
- Candle decorating
- Vision boards
- Jewellery making
- Seasonal creative workshops

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7. Teens Workshop

Creative Vibes

Create • Connect • Grow

Purpose

Supporting teenagers to build resilience, identity and positive peer connections.

Outcomes

Participants:

- Improve confidence
- Develop emotional awareness
- Strengthen communication
- Build friendships
- Learn coping skills
- Increase resilience

Activities

- Canvas painting
- Graffiti-inspired art
- Resin projects
- Digital creativity
- Vision boards
- Photography
- Journalling
- DIY room décor
- Music-inspired art

Delivery Model

Programs can be delivered as:

- One-off workshops

- Four-week programs
- Six-week programs
- Eight-week programs
- School holiday programs
- Weekly wellbeing groups
- Community events
- Corporate wellbeing sessions

Workshop duration:

- 90 minutes
- 2 hours
- Half day
- Full day

Target Organisations

Creative Wellbeing Workshops are suitable for partnerships with:

- Local councils
- Community centres
- Schools
- Disability providers
- NDIS organisations
- Mental health organisations
- Primary Health Networks
- Libraries
- Neighbourhood centres
- Aged care providers
- Carer organisations
- Family support services
- Youth services
- Men’s sheds
- Women’s groups
- Corporate wellbeing programs

Expected Outcomes

Our programs contribute to:

- Improved mental wellbeing
- Reduced loneliness
- Increased social connection
- Enhanced confidence
- Stronger family relationships
- Better emotional regulation
- Increased community participation
- Improved resilience
- Ongoing engagement in healthy activities

Measuring Success

Program outcomes are measured through:

- Participant surveys
- Wellbeing questionnaires
- Attendance rates
- Participant feedback
- Facilitator observations
- Repeat participation
- Community partner feedback

Investment Opportunities

Funding can support:

- Workshop materials
- Venue hire
- Facilitator delivery
- Volunteer support
- Participant resources

- Community outreach
- Transport assistance
- Equipment
- Marketing
- Program evaluation
- Scholarships for disadvantaged participants

Sponsors may choose to fund:

- One workshop
- A four-week series
- A six-week series
- A full community program
- School-based programs
- Youth initiatives
- Family wellbeing events
- Annual community wellbeing projects

Why Invest?

Investing in Creative Wellbeing Workshops creates measurable social impact by:

- Preventing mental health decline through early intervention
- Strengthening community connection
- Supporting carers and families
- Increasing social inclusion
- Encouraging healthy lifestyles
- Improving quality of life
- Building resilient communities

Every workshop creates opportunities for people to feel seen, valued, connected and empowered.

Future Vision

Creative Wellbeing Workshops aims to become a recognised community wellbeing provider delivering accessible creative programs across Queensland and, ultimately, throughout Australia.

Through strategic partnerships with councils, schools, health organisations, charities and community groups, we aim to expand access to preventative wellbeing initiatives that strengthen individuals, families and communities.

Our long-term vision includes developing facilitator training, outreach programs for regional communities, mobile creative wellbeing services, and evidence-based program evaluation to ensure lasting social impact.

Closing Statement

Creative Wellbeing Workshops is more than an arts program—it is an investment in healthier people, stronger relationships and more connected communities.

By supporting these workshops, funders and partners help create safe, inclusive spaces where people of all ages can slow down, express themselves, build meaningful connections and develop lifelong wellbeing skills.

Together, we can make creativity a powerful tool for resilience, belonging and positive community change.