

YOUR RECOVERY STORY : YOUR PHOTOGRAPHS



Join us

... **SHARE YOUR STORY OF RECOVERY USING PHOTOGRAPHY AS YOUR CREATIVE OUTLET, CONCLUDING THE PROJECT WITH AN EXHIBITION.**

Help break the stigma of mental illness, mental distress and other mental health conditions through the creative process of photography.

Your Recovery Story is an opportunity for anyone in recovery to tell dynamic stories and demonstrate how people living with mental illness and disability can be nurtured and empowered through individualised creative support structures.

Included is a session on Therapeutic Dialogues to confidentially share your story and how best to capture your journey and translate into visual art - your art!

Photography therapy provides a safe space to explore 'art for art's sake' in your way. Engaging in creativity in this way can aid recovery as it helps you to focus, relax and express yourself. We will have a mix of classroom activities and excursions of your choice to take your photographs. At the conclusion of the sessions, we will have a Your Recovery Story exhibition.

You will learn the basics of how to use a digital camera including:

- using filters and adjusting your photographs
- use of lighting
- use of memory cards with the computer
- how to print your shots
- use of black and white and colour options

ALL EQUIPMENT
SUPPLIED

4-hour sessions held weekly throughout the year - Exhibition May 2024.

FREE to participants - thanks to the support of Lotterywest.

Come join us, learn a new skill, express your story with photographs, connect with new people and help reduce stigma around mental illness.

Where: Sessions are held at Casson Communities (256 Walcott St, Menora North Perth) and will include excursions to a variety of locations to capture your story.

For further information or to book your space:

Margaret Lawlor, Project Coordinator.
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This program is part of Casson Homes' Mental Health Recovery in Action Series.