

NO MORE SILENCE

OCTOBER IS SEXUAL VIOLENCE AWARENESS MONTH



♥ AFFIRMATION CARD WORKSHOP

Join Centacare and Laurel Place for a gentle creative workshop where you can create your own affirmation and message cards using collage, scrapbooking, watercolour paint and mixed media.



DATE & TIME

Tuesday 13 October 2026
10.00am - 12.00pm



LOCATION

St Marys Church Hall
Albert Street
Kingaroy QLD



WHAT YOU'LL DO

- Create your own affirmation and compassion cards
- Play with collage, watercolour and mixed media
- Explore messages of hope, healing and self-compassion
- Create at your own pace in a relaxed, supportive space



WHAT WE'LL PROVIDE

- All art materials and supplies provided
- Your own handmade affirmation cards to take home
- Gentle guidance and creative inspiration
- Affirmation ideas and prompts to help you get started
- A relaxed, supportive space to create



HOW TO BOOK?

Speak to any Centacare staff to secure your spot.



Contact: 07 4162 5439



Reserve your spot now and start creating something meaningful with your own hands.

