



# Cancer CareCentre

## 'TAKE A DAY OUT' WELLBEING RETREAT: YOUR LIFE AS A COLLAGE!



Eva Tepper - Writer



Jo Mildenhall - Printmaker

'Take a Day Out' of your busy schedule for a day of learning, fun, creativity and socialising with old and new friends. Two fantastic facilitators – Eva Tepper and Jo Mildenhall, will lead you through a series of interactive sessions to give written and visual expression to your unique life story to date. We hope you can join us for the second of our 'Take A Day Out' Wellness Retreats for 2024 – Your Life as a Collage!

### PROGRAM

9.30am Registration and refreshments

10.00 Welcome  
Introductions  
Setting the scene activity

10.45 **Session 1: Writing Your Own Life Story: How to Get Started**  
In this hands-on session you will work with Eva to begin writing your own life story. You will explore the difference between a Memoir and an Autobiography and learn tips on how to approach what may seem to be a daunting task and most importantly, to keep going! You will then start writing a small part of your life story.

12.15 Lunch

1.00 **Session 2: Create A Life Collage**  
In this hands-on session you will be guided by Jo in the journey of creating your very own 'Life Collage'. Collage creation encourages contemplation and offers an excellent opportunity to capture ideas and insights and unleash your boundless creativity. You will utilise a diverse range of materials to create your unique collage including paper, fabric and your own special object(s). At the end of this session you will have a unique collage ready to adorn a wall, or give as a gift to someone special.

3.45 Retreat Evaluation & Closing Remarks

4.00pm Retreat Close

### Please bring the following items to the Retreat.

- One special object e.g. photo, clipping, document, card or poem that has a lot of significance in your life that you can reflect upon during your writing activities and incorporate into your 'Life Collage' (essential).
- Any other objects you may wish to incorporate into your collage (not essential).



Sponsored by:



And the Beinke family.

**Venue** Mitnam Cultural Village Institute Hall, 103 Princes Rd, Mitnam

**Date** Thursday 18 July, 2024

**Time** 9.30am – 4.00pm

**Cost** City of Mitcham Residents & CCC Members - \$65.00 (Actual value: \$175.00)  
Non-Members - \$80.00

Cost includes all tuition, materials, consumables, morning tea and lunch. The cost of this Wellbeing Retreat is subsidised by a grant from the City of Mitcham and a generous bequest to the CCC from the Beinke family.

For more information about this Retreat and/or to register and pay via cash, EFT or credit card, please contact the Cancer Care Centre on (08) 8272 2411. You can also book online at <https://www.trybooking.com/CTBJE>