

chill. art



About

Facilitated by visual arts coaches, Chill Art uses creative mediums such as painting, illustration, printmaking, and collage to encourage abstract thinking, sensory regulation, self-expression, fine motor skills and social communication. Some participants are avid artists but for many, this is their first brush with art, so experience is not necessary. Chill Art is highly individualised, and project based. The studios provide a calm, creative and relaxed setting to support social skill transference.

Program features

- Self-expression
- Aligning visual art elements & principles with individual goals in social skills & art practice
- Critique and feedback
- Appreciation of difference
- Task perseverance
- Problem solving
- Sensory regulation
- Visual storytelling

Techniques & mediums

- Painting - watercolour, acrylic oil
- Illustration & drawing - pencil, ink, crayon, charcoal, pastel, markers, chalk
- Printmaking - intaglio, lino, woodcut, monoprinting
- Collage - paper, foods, found objects
- Sculpture - clay | paper-mache | wire | found objects
- Portraiture
- Art journaling

Benefits

- Establishing and developing new friendships
- Feeling less socially isolated
- Increased self-insight
- Improved self-esteem
- Improved fine motor skills
- Task perseverance while working independently
- Sensory integration
- Reduced anxiety in social environment
- Improved social communication
- Problem solving
- Learning through observing
- Appreciation of difference
- Transference of social skills
- Fun!

Dates 2024

Term 1

22 January - 28 March

Term 2

15 April - 21 June

Term 3

8 July - 13 September

Term 4

30 September - 6 December

Session times

2.5 hour workshop | once a week for 10 weeks

Select one of the available time slots:

Tuesdays

10:00am - 12:30pm

OR

Fridays

10:00am - 12:30pm

Venue

Chill Studios
29 Rogers Street
West End, QLD, 4101

Fee

\$2,460 per term

Enrol online



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