

INCLUSIVE ARTS PROGRAMS

(BRISBANE AREA)



Welcome to our creative non-clinical programs, carefully crafted to inspire, empower, and offer a welcome escape from life's obstacles. These fun community-focused support initiatives aim to improve self-awareness, self-expression, and communication abilities. They are for adults facing mental health challenges or individuals who have experienced marginalisation or disadvantage.

- Learn new skills
- Free weekly sessions (during school terms)
- Meet new people
- No experience needed

“The choir is a place where I feel I can be myself, be accepted by others whole heartedly and also create music together. I love that I’ve made new friends too.”

CREATIVE WRITING

Monday 2 to 3:30pm (ONLINE)

Tuesday 1 to 2:30pm
(SOUTH BRISBANE OR ONLINE)

A celebration of your words, voice and the stories you desire to tell. Work with a professional writer to help you get your ideas on the page. A creative space for anyone curious about writing, whether you've never done it before, or do it all the time, everyone is welcome.

CHOIR

Wednesday 10am to 12:30pm
(NORTH BRISBANE CHOIR AT WAVELL HEIGHTS)

Friday 10am to 12:30pm
(BRISBANE CHOIR AT SOUTH BRISBANE)

Choir explores vocal skills, fun singing warm ups and songs, projects and more — and performance opportunities for those that wish to. You can be assured of an engaging morning as you learn from our professional musicians and connect with others.

The programs are free to eligible clients, refer to website for details. Confirmation of venue will be provided on receipt of your application form.

REGISTER NOW AT UPBEATARTS.ORG.AU