



# The Art2Healing Project Newsletter

Empowering the world through Creative Art Therapies

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## What's on the horizon for 2012?

The Art2Healing Project has several training programs scheduled for 2012.

### Alice Springs, Australia

We are excited to announce that in April this year we headed to the Imanpa community of Alice Springs, Australia to run the first art therapy and sexual health program. It is our first project working with remote Aboriginal communities delivering workshops with both young men and women in sexual and reproductive health through the healing arts. A unique aspect of this training program is that we have trained the youth and health workers in the community and we will work alongside them so that they may continue to implement the program with the local Aboriginal people. With this sustainable approach, it is our intention to promote creative ways of learning which will be a more effective way of educating and healing Aboriginal youth. We are pleased to have both Arimaya Yates and Adrian Harris as co-facilitators, as well as Carla Van Laar and Jane Bennett as our advisors on the project.

### Shakti Samuha, Nepal

We are pleased to say that we are continuing our important work with Shakti Samuha and other non-government, grassroots women's rights organizations in Nepal. At present, we are creating "The Women's Wellness Program" which aims at delivering various training programs to the social workers and counselors at these organizations to enable them to continue delivering creative art therapy workshops and programs in slums, brothels and remote communities across Nepal.

Each program is aimed at empowering marginalized women of all ages who have experienced sexual abuse by providing reproductive health education and tools needed for emotional and psychological well-being.

We anticipate the delivery of this two year program to commence August 2013 with a view to expand it globally to sex trafficked women all over the world.

## Foreword from the Director

Lydia Atira Tan



Welcome to our Mid - Winter Newsletter!

With a new year and beginnings, The Art2Healing Project heads on to 2012 full of inspiration and potential.

Last year was a powerful year for The Art2Healing Project and our projects with Shakti Samuha and TPO Nepal. Our Women's Empowerment Project in Nepal expanded and last year we collaborated with over 15 non-government organizations (NGOs) in this country alone, and trained up more than 100 participants in two programs: "Reproductive Health" and "Healing Trauma through the Creative Art Therapies". Both programs were very powerful and profound for the facilitators, as well as for the trainees and sex trafficked survivors in the workshops and programs.

Many women in Nepal have little or no knowledge of reproductive health and how to access the wisdom of their bodies. With a background of sexual abuse, the sex trafficked survivors that we worked with experience difficulties connecting with their bodies. Many of them suffer from health

issues such as HIV/AIDS and sexually transmitted infections. Through the training in April 2011, many of the participants experienced deep healing, not just on a physical level, but also on an emotionally and psychologically as well.

Please do take the time to read some of their experiences and how they have benefitted from the training we provided on page 2. This profound healing takes place by simply creating a space that invites participants of the workshop to listen deeply to the wisdom of their bodies. I am inspired by their testimonials to deliver this professional healing for many more women globally, and to expand this vital work.

The overwhelming support from the Celebrating WoMan Festival in Melbourne in September 2011 was been a big inspiration for us at The Art2Healing Project. We are very thankful to over more than 40 incredible teachers, facilitators, musicians, performers and volunteers who gifted us with their knowledge, wisdom, teachings, talent, time, dedication, and love in the seven - day festival. The festival was a huge success and raised over \$10,000 for the sex trafficked women in Nepal. It was a very special event, and stay tuned for the next one!

## Mission Statement

The United Nations estimates that nearly 2.5 million people are trafficked illegally worldwide while other sources suggest that a staggering 27 million people are living in a shadowy underworld of slavery, fear, violence and sexual abuse. Many of these helpless victims are women and children sold in the sex trade.

Having seen firsthand the atrocities of sex trafficking, The Art2Healing Project seeks to empower and heal women through creativity, yoga and meditation by providing creative and practical tools to facilitate change and growth.

Our mission is to inspire and guide women to listen, honor and reclaim their bodies and lives through expressive art therapies. We are committed to supporting the healing of trauma in women and children.

**We rely and need support through donations for our important work!**

**DONATE NOW!**

[www.theart2healingproject.org](http://www.theart2healingproject.org)





## The Women's Empowerment project in Nepal:

### Reproductive Health & Art Therapy:

The Art2Healing Project has been working with sex trafficked survivors in Nepal for the past 3 years, and now have expanded into partnering with 15 different Non-Government Organizations (NGOs) in Kathmandu and local districts. Within the trafficking shelters, we have been involved in setting up various programs to assist the resident caretakers in Expressive Art Therapies, psychological interventions and self-care through yoga and meditation in order to increase their confidence and ability to counsel and supervise other sex trafficked survivors in their care.

In April 2011, The Art2Healing Project delivered a program facilitated by Atira Tan and volunteer facilitator Trisha Ong. The focus of the training program was on Reproductive Health and Art Therapy. The participants involved were caretakers and survivors from various shelters in Nepal.

This retreat proved to be very life changing for the participants. Nepal is a patriarchal society, where a woman's voice and rights have been suppressed and. In this program, The Art2Healing Project created a platform where the women could safely share their stories of the hurt and shame that have endured. The program also created opportunities for the participants to begin to process their suppressed emotions allowing the healing process to begin.

The participants were asked to explore different topics throughout the program using the expressive art therapies, namely visual art, poetry writing, dance and movement, music and creative writing.

Themes that were covered in the program included:

- Women's menstrual cycles and wellbeing
- Healing birth trauma
- Women's yoga and meditation
- Reproductive health issues
- Caring for the womb
- Healing Menarche (A girl's first bleed) Trauma

The culmination of the program ended

with the participants gaining a sound understanding of women's reproductive health and ways of assisting other sex trafficked survivors suffering from reproductive health issues. They also understood how to apply various art therapy techniques improving their ability to care for other survivors around them in remote communities, slums, brothels and shelters as well as their own members of family.

The ripple of change is huge and far more expansive than we can imagine.

One of the participants who took part in the training program had this to say:

"My life is not the same after this training. I have never been in touch with my body and my sense as a woman so deeply. I will continue to teach my daughters how to respect herself as a woman, and instead of shaming her during menarche, I will celebrate her becoming a woman."

We would like to thank the Sikka Foundation for being our main donor for this project – without which we wouldn't have been able to help and be part of what was a powerful program.

### Testimonials

"This training program has taught me how to look deep inside myself to be aware of what is happening in my body as a woman. I have learnt important things that were within me that I was not aware about prior to this program. When I have used these tools and information given to us in this training program, it has changed my life.

This training has been very helpful in caring and loving myself. I have started to allocate time in the morning for myself. In this hour, I do meditation, yoga and I do not think about others around me. This time is for me to nourish myself. I concentrate on myself, and I look very deeply inside my body and observe every part of my body, and identify parts that are having stress and pain, and which parts need love and care. I look after all these parts of myself. This training has really helped me in taking care of myself.

*I have also taught my family that we need to take care of ourselves, and not just to think about the wellbeing of others. I have also shared what I have learnt about women's reproductive health to my mother and my sisters, and all the clients in the shelter that I work at. This has helped all the women that I have shared this information with.*

*Prior to his training, I used to think that I need to take care of others, and only think about their welfare. However, after this training, I have learnt that if I do not care about myself and if I am not healthy, I cannot really help and support others. The tools of yoga and meditation have healed problems of my reproductive health that I have been facing over the past few years since the birth of my son.*

*In my professional life, this training has helped me to counsel my clients more effectively, especially clients who do not express their feelings. The art therapy tools has helped my clients to express their emotions. This training has helped me in many ways.*

The benefits of this training has been:

- Supported me to care for myself in my personal life.
- Helped me to reflect and gain self-awareness about my internal world, and how to care for the wounded parts of my self.
- Yoga and meditation has improved my health, especially in my reproductive health problems, and also reduced the stress and anxiety in my life.
- Supported me to work in the community in a more effective way
- Helped me to talk and counsel my clients
- Helped me in caring for my family.

*In the future, I want to be a counselor who can understand the other people's feelings easily. I have a strong belief that I will also help others in that capacity too." – Bishwas (not her real name) 27 years old.*



# Art Therapy and Healing Trauma

## The Art2Healing Project in Nepal October 2011

In November 2012, The Art2Healing Project facilitated another training program in Kathmandu, Nepal with 8 different women's rights NGOs. The Art2Healing Project worked with about 70 sex trafficked survivors and caretakers working in sex trafficking and covered a number of modules from various programs including trauma and art therapy, art therapy supervision and mentorship, and a number of art therapy workshops. This program was facilitated by Atira Tan, Carla Van Laar and Nyrelle Bade.

The training program focused on the capabilities of the caretakers, counselors and social workers using creativity and art therapy techniques in their work with their clients. In particular, this program focused on healing sexual abuse and trauma recovery.

The themes that were covered in the program included Expressive Art Therapy approaches such as:

- *Dance and movement*
- *Music, art and drama*
- *A firm foundation in trauma recovery*
- *The impact of trauma - theories on trauma and recovery*
- *Changing thoughts, feelings and behaviors*

The program was extremely successful. At the conclusion of the program, the trainees grasped a fundamental understanding of trauma and its effects on recovery. From the training, the participants were able to implement interventions to improve the psychosocial care of sex trafficked survivors.

As facilitators, it brought us great joy to encounter one "a-ha" moment after another where the participants came to a deeper understanding and self-acceptance about themselves and their past traumatic experiences.

### What next?

This training program is the last training block of a 3 year project with Shakti Samuha and other various NGOs. We are currently planning a new 2 year project: The Women's Wellness Program (read more on Page 5) in Nepal and India in 2013 and 2014.

We hope that we can continue our vital work with marginalized women and girls who have fallen victim to the trafficking industry not just in Nepal, but also throughout Asia.



To do so, we need donations and volunteers in our projects. Are you interested in contributing to creating change and healing in the world? To read more about volunteer opportunities, please go to Page 7 or email Atira Tan, director of The Art2Healing Project at [director@theart2healingproject.org](mailto:director@theart2healingproject.org).

## Testimonials

*"Self Understanding & Self Empowerment being a Woman"*

*"Art Therapy and the trainings provided by the Art2Healing Project has been a milestone in my life. It has helped me to be aware about my body and my mind and to start with the journey of caring for myself. I truly understand the meaning of self-care from this training. It has empowered me that even though I have experienced suppression and domination from others, I have the power of self-healing and self-love and I can make empowering decisions. I am energized with the life that I have. In my past experiences, I used to hate myself for being an ugly girl. I had such thoughts of self-hatred in me. Since the training with The Art2Healing Project, I have started appreciating myself.*

*The first and most important application from The Art2Healing Project trainings is the understanding of "self-care", self-understanding and reflection, and the ability to adjust in every situation no matter how negative, with the hope to create a better life.*

*I apply many games and art therapy exercises that we have learnt during the training to others. These games and exercises are very helpful to make the women understand themselves and heal from their trauma." – Shanti (not her real name), 34 years old, CAP Nepal.*





# Art Therapy with TPO Nepal

In November 2011, The Art2Healing Project partnered up with TPO Nepal (Transcultural Psychosocial Organization) and headed to Nepal to conduct a professional Art Therapy and Healing Trauma training program for the professional counselors and psychologists from 7 different NGOs.

Amongst those that attended were the caretakers of sex trafficking survivors as well as counselors working with various refugee populations. It was our third project with TPO Nepal, and it was wonderful to reconnect with old friends and to make new ones through the project.

The primary aim of these organizations' is to promote psychosocial and psychological well-being of children and families in conflict affected, vulnerable communities, through the development of sustainable, culturally-appropriate community-based support programs.

Building up the capacity of these organizations through specialized training such as this 5 day training program is vital and we are confident that it will support their service delivery in Nepal in a more effective way.

## The program

The program provided training in art therapy based interventions and the foundation of healing trauma. It provided a safe space for the participants to share their own experiences of trauma. Many of the participants expressed feeling overwhelmed in their line of work and needed additional skills and training to assist their clients heal from Post-Traumatic Stress Disorder.



The feedback received from the participants of this program was incredibly positive and they welcomed future training in the art therapy techniques covered in the program.

Our projects have been very important with TPO Nepal. The Art2Healing Project and

our partner organizations are always looking for ways to create a more sustainable art therapy training program in the country.

To donate to this project, please go to Page 5 to see how!

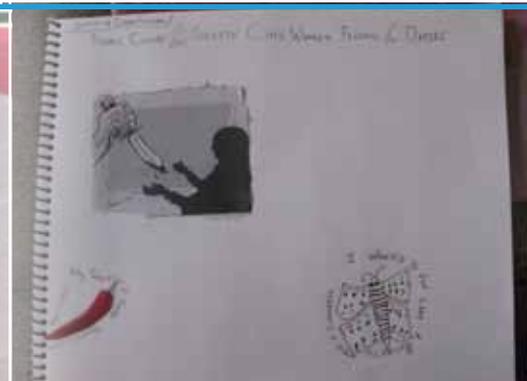
## Testimonials

*"Participating in this 5 day "Art Therapy and Healing Trauma" training program, and the rest of The Art2Healing Project's projects has helped me in a following ways in my professional life:*

- 1. Improved my self-confidence at work. If my vision is clear and if I am dedicated towards my work, I have the power to do anything in my life.*
- 2. Developed love for my work and my clients. Improved my love for my work and my clients and always respect their feelings. This appreciation has been developed after participating in these trainings. I realize that the clients who are with us are making a lot of progress after they have been with us and that the process of healing trauma is a long process.*
- 3. Development of qualitative work. As we are focused and respect our clients' vision for their future, I have realized that we need to support them holistically. So this means that we may not reach to as many clients as we want, but we are providing a complete service to improving our clients' lives.*
- 4. Improved my sense of personal power. I feel that I have the power to influence the donors in this holistic model of working with our client's wellbeing. In the same way, I have applied a lot of ideas to convince them that this way is an effective way of working with our clients.*
- 5. Improved my sense of creativity and innovation. I have found the quality of creativity within me that I was not aware of. The training has helped me to explore these qualities within me. I am able to plan many innovative programs and approaches to support my clients.*

*Before the training, I already understood that for every problem there is a solution. However, after this training program, I now know that for every traumatic event and experience, there is a way of healing that can be found, which can lead to more wisdom in ourselves. The training has become a safe container for me to share my trauma. I have felt more relaxed during the time spent with Atira and the members of The Art2Healing Project than ever before, as my life can be very busy and stressed.*

*In the future, I want to take more training that can help me to apply art therapy with my clients. And I want to organize a trauma healing training and art therapy with our clients in the shelter and also in my village." – Hira Dahal, CAP Nepal Director.*





# Art Therapy & Women's Health in Nepal – branching out into Remote Communities, Slums and Brothels



## The Women's Wellness Program

*The Art2Healing Project has been working in partnership with Shakti Samuha and other numerous anti-trafficking Non-Government Organizations (NGOs) since 2008. We have since expanded into working with a further 15 NGOs in Kathmandu and other remote districts.*

*status of girls, all converge to foster and support the sex trade.”*

*In Nepal, thousands of girls in remote communities and the slums are vulnerable to being trafficked into sexual slavery. From 5 years working with NGOs in Nepal, and working with hundreds of sex trafficked survivors, as well as their caregivers, we have identified that prevention and education campaigns are most needed within communities at risk of sex trafficking. Women are extremely disempowered in these communities, often being susceptible to domestic violence, sexual abuse and alcoholism. These issues combined with a lack of education makes them an easy target for sex traders.*

*Our aim is to improve the education, health and opportunities of these marginalized women and children so that they may enjoy a good life. The Art2Healing Project hopes to target brothels of Kathmandu, providing the women with educational programs in reproductive health as well as therapy and counseling.*

*The Art2Healing Project anticipates commences this 2 year program in 2013 – 2014. The Art2Healing Project would like to expand this project into other areas where sex trafficking is prevalent, such as India, South East Asia and the Middle East.*

*We are looking for volunteers and donations to help us in the delivery and administration of this project. If you are interested, please go to Page 7 & 8 to see how you can support us!*



*Sex trafficking is an ongoing and brutal problem in Nepal and throughout Asia, with more than one million people – mostly women and children, trafficked around the world.*

*The Asian Foundation writes: “Child Sex Workers are pushed or lured into the trade by a number of complex factors. While poverty is often the main factor cited, well organized crime rings, inadequate law enforcement and the breakdown in family and community support systems, compounded by the low*

*The partner organizations that we have worked with have requested The Art2Healing Project to deliver a 2 year “Training of Trainers” (ToT) program in Art Therapy and Reproductive Health for the women and children in the remote communities, slums and brothels in Nepal.*

*This program would include training outreach workers and counselors on how to facilitate their own art therapy based interventions and reproductive health education through informed cultural processes. The participants of the ToT will utilize creativity and art as a way to educate and provide emotional and mental health support across communities.*

*Part of the program will include identifying the appropriate women in the community who can facilitate these education programs in the vulnerable communities thereby creating employment and empowerment for these women.*





# Yoga and Healing Trauma

## – A volunteer’s story in Nepal.

I came across Art2Healing in 2011 having seen a yoga fundraising event, the cause moved me. A few months later I found myself in Rishikesh, in Northern India studying a Hatha Yoga Teacher Training course by the Ganga. Prior to setting off to India I got in contact with the organisation expressing an interest to visit a shelter in Nepal and offer my time in the form of an art project and yoga teaching. It was a decision I will never regret.

Having gained my Yoga qualification I made my way to Nepal and settled into bustling Kathmandu. Every morning I arose at 5am to arrive at the shelter for morning class. One by one I was introduced to both shy and smiling faces. A Nepalese translator became my right hand woman, as each morning we introduced gentle postures, breath awareness and relaxation techniques to our budding new yogis. We were situated in the room at the top of the stairs, morning light streaming in on the participants faces. Each day we practiced a similar gentle routine, gaining an understanding of the benefits of ‘giving’ this time to ourselves and deepening awareness of our sensations and thoughts. A new posture would be added as the participants seemed ready and soon enough the morning class was a routine and evolving part of daily life. One day my traveller’s tummy required me to miss teaching, the following day I was thrilled to hear that the translator and the girls had delivered their own class by working through the sequences together. It was heart-warming to know that tools of yoga were available to them and being accessed.

During the second week I noticed the girls becoming calmer in class and relaxing into a more introspective state sooner. They were assisting one another with poses and also enjoyed a laugh as we did a big sighing pose to finish the class and ‘smile pose’. Now that some relaxation and flexibility was being experienced, it was time to introduce slightly more dynamic sequences so that they would have this tool for strengthening the body and focusing the mind. I invited participants to take part in demonstrating two

postures each from the sun salutation which they were gradually learning. They were very enthusiastic to demonstrate and be photographed doing their postures. Outside of class I printed the images and created a yoga chart, a collage of them demonstrating the sun salutation and different postures that they particularly enjoyed.

One mid-morning after yoga and morning meal I set up an art station with a lot of paints and markers brought from Australia and showed the participants some flat-packed brown cardboard boxes that I had brought. I offered them one each and shared one that I had painted and decorated previously and how it could be used as a little container to put special objects, letters or photographs into. The translator helped me to explain the nature of the container, having an outside part to decorate with whatever felt like being shared or observed and a special inside part that could be more private. While we painted and decorated for a couple of hours, I shared a few techniques of possible ways to experiment with the paintbrush. This instigated different participants sharing ways that they could create shapes and symbols using fingers and brushes. The container worked well as special object as most of the participants arrive at the shelter with few possessions and this was something that they could own and develop.

I built a rapport with the participants, one of which spoke English very well and would sit and talk and laugh with me during our morning meal, translating for the girls also so that we could get to know each other better. My favourite part of my days in Nepal were the morning yoga classes, chai and meals with the staff and housemates at the shelter. On my last day teaching, we celebrated the Nepalese New Year’s day dancing exuberantly to Nepalese and Bollywood songs in the yard.

I felt that my time spent at the centre was very enriching and rewarding, seeing the participants take to yoga enthusiastically and watching their practice and relationship to

yoga grow even in such a short time span. I presented the yoga chart to them on the last day which was such an honour and a hit! When I visited them two weeks later I was informed that they had been practicing yoga in the afternoon and were going to teach the three new housemates the sequences. This whole experience was a very beneficial exchange, I learnt so much about the human spirit and how creating and sharing experiences mutually enriches us.

Melbourne Artist and Yoga Teacher, Yoyoe (Josephine Bradley Scott)

[www.findjosephine.com](http://www.findjosephine.com)

### VOLUNTEER OR DONATE NOW:

*Turn to page 8 to see how you can help.*

*Or go to our website:*

[www.theart2healingproject.org/donateNow.htm](http://www.theart2healingproject.org/donateNow.htm)

The Art2Healing Project Is currently urgently needing volunteers to fill the following positions:

Administration and Systems Coordinator

Accounting Manager

Grantwriter

If you are interested making a difference in world through the creative arts, and have the skills suited to the job descriptions above, please email Atira Tan at [director@theart2healingproject.org](mailto:director@theart2healingproject.org) or [art2healingproject@gmail.com](mailto:art2healingproject@gmail.com)

Special Thanks goes to the following yoga studios and teachers for their generous support:

Andrea Parsons  
Melbourne, Australia  
[www.hotboxyoga.com.au](http://www.hotboxyoga.com.au)

Rosemary Bolivar and Helen Say  
Chiang Mau, Thailand  
[www.wildroseyoga.org](http://www.wildroseyoga.org)

Natasha Sikand  
Apollo Bay, Australia  
[www.natasha-sikand.com](http://www.natasha-sikand.com)

Manon Weimar  
Holland  
[www.vionte.nl](http://www.vionte.nl)

Sofia Araujo and Jay Saltearn  
[www.swara-yoga.com](http://www.swara-yoga.com)



Rashita Banu  
Singapore



## Who We Are

The Art2Healing Project is a grassroots organization. Our core body is run solely by volunteers. We are grateful to any financial contribution, and for all the hours, support and love that have gone into creating and running The Art2Healing Project.

Atira Tan: Creative Director/ Founder/ Facilitator/ Program Manager  
Nyrelle Bade: Facilitator/ Art Therapist/ Vice Chairperson  
Carla Van Laar: Facilitator/ Art Therapist/ Senior Advisor  
Neema Mohan: Communications and Marketing Manager/ Secretary  
Jade Weatherill: Graphic Designer and Communications.

We would like to welcome the following volunteers to our Art2Healing team:

Arimaya Yates: Midwife/ Co -Facilitator  
Adrian Harris: Art Therapist/ Co-facilitator  
Holly Brocklebank: Art Therapist/ Traditional Chinese Medicine Doctor  
Jeremy Shub: Educator, Counselor/ Men's Workshop Facilitator  
Richard Keville: Mural Art Therapist  
Teya Deller: Operational and Systems Consultant

With Special Thanks to the following individual donors for their generous donations for 2010, 2011 and 2012:

Sarah McCormack and Family, Daniel Wong, Peter O'Brien, Noel and Carmel O'Brien, Arthur Hayes, Antonia Taylor, Kim McNeil, Ritika Niv, Dr Prashant Durbhakula, Barbara Stephen, Stacey Felice Winograd, Monty Sikka, Michelle Jarman from Prana House, Thornbury and Lauren Woodman from the Seven Sisters Festival Melbourne.

In Appreciation we gratefully acknowledge all those who have so generously contributed their time and efforts in supporting us through advice and volunteering:

Erin Knowles, Emily Mawson, Amy Macdonald, Jane Bennett, Michael Borenstein, Stacey Felice Winograd, Nikki McCoy, Lucille O'Brien, Tricia Ong and Karyn Downs. We also thank the team, teachers, facilitators and magnificent performers of The Celebrating WoMan Festival and Sisters for Sisters for volunteering their time for the fundraiser that helped us raise \$10,000 for the women in Nepal. Namely these significant people are: Jasmine Abbott, Mei Lai Swan, Lakita Lynes, Lilli Brown, Maria Govousis, Antony Skaldos, Kirstan Flannery, Sam (?? Foxy lady with short brown hair), Sarah McCormack, Jade Weatherill, Philip Werner, Marina Findley, Nemone Sloane, Marc Cohen and Kate Watt for all your time and efforts in making the festival fundraiser a success. Special thanks to Michelle Jarman, owner of Prana House for donating the beautiful space to the event, and Organic India for their tea donations.

## In Appreciation:

The Art2Healing Project gratefully acknowledges the contribution of both money and resources by the individuals, companies and foundations below. Without their support we would not be able to continue our vital and important work.

Sikka Foundation

St Luke's Innovative Resources

Center for Sexual Health, Alice Springs



**WE NEED YOUR HELP AND SUPPORT  
TO CONTINUE OUR WORK!  
DONATE NOW!**

### A Call for Volunteers!

The Art2Healing Project is looking for Qualified Art Therapists and Fundraisers willing to work in a volunteer capacity. Ideally, you will be passionate about Women's Rights, health, or arts therapy. If you are a motivated, inspired individual please contact either Lydia Tan or Nyrelle Bade to obtain a position description.

Nyrelle Bade - 0402423432

nbade@me.com

Email: art2healing@yahoo.com.au

**Website:**

**www.theart2healingproject.org**



## Support The Art2Healing Project!

**The Art2Healing Project needs financial support for its current project in Nepal with Shakti Samuha. Even a small amount counts! Please help us to continue our work with trafficked survivors.**

Yes! You can count on me to help The Art2Healing Project continue its work with trafficked survivors. Please find my contribution of :

\$50     \$100     \$200     \$500     Other \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Contributions can be made by:**

**1. Post a cheque together with this form to**

The Art2Healing Project, PO Box 972,  
Geelong VIC 3220 Australia

**2. Bank Transfer**

Account Name: The Art2Healing Project

BSB: 633 000

A/C No: 137497194

Bank: Bendigo Bank

For international transfer:

SWIFT CODE: BENDAU3B

**3. PayPal: Secure credit card payment over the internet.** This is the best

method for international payments. For

PayPal donations, please go to www.

theart2healingproject.org and click on the

"DONATE NOW" button!