



get in to life: creative arts

Having things that you look forward to and enjoy is really good way to help keep a good headspace.

energising with expression

Many of us do artistic or creative activities because we enjoy them, but did you know that art and creativity also have significant benefits for our mental health? Forms of art and expression as widespread as writing, dancing, acting, drawing, painting or other forms of creative expression help to keep your mind healthy and happy.

A creative act can help focus the mind, and has even been compared to meditation due to its calming effects on the brain and body. Even just gardening or sewing releases dopamine, a natural anti-depressant.

benefits to being creative



Increases happiness



Boosts your immune system



Gives your brain a boost



Build your confidence

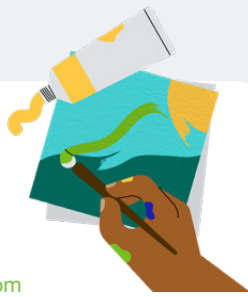


Lift your energy

Art & Soul by the Sea

Art store that supports young people as well as running workshops.

Mobile 0428 654 549
Email artandsoulbythesea@gmail.com
Address 98 Marine Terrace, Geraldton WA



North Midlands Project

A not-for-profit community and sector strengthening organisation working towards regional western australia to be known for its happy, healthy communities and vibrant, connected towns. They want to hear people from the community, visitors and potential residents say "i love this place!".

Website www.northmidlands.org.au

Euphorium Youth Academy

A creative, inclusive performing arts school specialising in improvisation.

Website euphorium.com.au/eya

Film Harvest

Film Harvest Midwest embraces quality films that wouldn't ordinarily be presented in regional WA. Featuring a different film at Orana Cinemas every Wednesday night.

Website www.filmharvest.com.au/midwest
Address 229 Marine Terrace, Geraldton WA



Funtavia

A comedy and creative arts not for profit!

Website www.funtavia.com

Geraldton Art Society

Creating art with the community, since 1960

Social [Facebook](#)

Geraldton Regional Art Gallery (GRAG)

GRAG is proud to present a diverse and stimulating exhibition program from local, state, national and international sources. Not only does GRAG host touring exhibitions curated by the nation's leading Art Galleries, special exhibitions are curated in house with the State's best and brightest artists being selected to reflect local themes.

Phone (08) 9956 2160
Mobile 0473 151 986
Website artgallery.cgg.wa.gov.au
Address 24 Chapman Rd, Geraldton WA



Queens Park Theatre

Queens Park Theatre is one of the Midwest's premier entertainment and conference venue. Opened in March 1982 showcasing a wide range of acts

Website qpt.cgg.wa.gov.au
Address 75 Cathedral Avenue, Geraldton WA

The Geraldton Cultural Trust

The Geraldton Cultural trust has a wide range of hobby groups. Just to name a few: Geraldton 4wd Club, French Club, Table Top Games, Pottery, Sewing etc. Most activities are low cost. Contact or pop into the Cultural Trust to grab an up to date schedule.

Phone (08) 9921 2423
Website www.geraldtonculturaltrust.com.au

Yamaji Art Centre

Yamaji Art is a 100% Aboriginal owned & operated art centre in Mid West, Western Australia. Yamaji Art provides professional services to support and develop Aboriginal artists living in the Lower Murchison region of Yamaji Country with a focus on sustaining cultural maintenance and arts practice while creating economic benefit.

Website www.yamajiart.com
Address 189 Marine Terrace, Geraldton WA

Have an idea how others can be creative in the community? We'd love to hear it!

Phone (08) 9943 8111
Email admin@headspacegeraldton.com.au