



Benefits of Creative Arts Therapy

- Teaches stronger emotional regulation & coping skills
- Provides a distraction from intrusive thoughts
- Builds confidence and self-esteem
- Greater sense of connection & belonging
- Improves communication skills & self-awareness
- Increases focus and concentration
- Promotes healthy expression of feelings
- Facilitates integration of trauma, disconnection or loss
- Reduces symptoms of stress, anxiety and depression

Get In Touch

Evolution Creative Arts Therapies provides trauma-informed, person-focused, strength based approaches utilising the creative arts to help you understand and process past experiences, build healthy relationships, and discover your potential.

Contact Us Today

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- 📍 213 Princes Hwy. Werribee



12 minute walk from Hoppers Crossing train station.
Bus No. 153 from Werribee station. Parking available onsite.



Evolution Creative Arts Therapies acknowledges the Traditional Owners of the Kulin Nation on which this practice stands. We recognise the continuing connection to lands, waters and communities of the Traditional Owners of Country throughout Australia.

Follow Us On  

evolution
creative arts therapies
igniting joy & transforming lives



Unleash Your Potential Through Creativity

www.evolutioncat.com.au



Evolution Creative Arts Therapies is a registered provider for the National Disability Insurance Scheme (NDIS).
Provider No. 4050000894



Why eCAT?

Evolution Creative Arts Therapies (eCAT) utilises your creativity to unlock your potential. Our approach promotes self-expression, mindfulness, and personal growth within a supportive therapeutic environment.

- We recognise that everyone's journey is unique, and we respect diverse backgrounds and perspectives.
- We create a safe and supportive space where you can explore your emotions without judgment.
- We believe healthy connections are essential for well-being, and we help you build stronger relationships with yourself and others.
- Our therapists use a variety of creative tools like art therapy, drama therapy, and dance movement therapy to help you express yourself and connect with your inner wisdom.

About Creative Arts Therapy

At Evolution Creative Arts Therapies, we believe creativity acts as a powerful catalyst for healing and development. Our qualified therapists utilise creative modalities to improve cognitive function, foster emotional regulation, and enhance psychosocial well-being.

Whether you're facing challenges like:

- Anxiety or depression
- Trauma or grief
- Communication difficulties
- Social isolation

We believe the arts can offer a powerful pathway to healing and growth.

Call us today

(03) 9125 0867

NDIS Services

Our team of passionate, professionally trained creative arts therapists use the power of artistic expression to support the mental health and well-being of individuals, families, and communities in the Western region of Melbourne. We tailor our services to meet the unique needs of children, teens, adults, and even community groups.

Evolution Creative Arts Therapies offers a variety of services including 1:1 individualised sessions, parent and child sessions, sibling sessions, online sessions, group sessions, school programs and creative workshops.

Therapeutic Supports

1:1 individual session for children, teens or adults who have a current NDIS plan in place. The sessions will be focussed on the NDIS goals using art media, play, movement and creative processes to support building capacity and skill development.

Innovative Community Participation

The creative arts therapy group sessions will be focussed on using art media and creative processes to support skills in communication, stress reduction, social connections and emotional regulation.

