



THE BIG ANXIETY

7-8 APR 2022, WARWICK, QLD

CHURCHES OF CHRIST AUDITORIUM
223 DRAGON ST WARWICK, QLD

TWO DAYS OF RELAXING AND
STIMULATING FREE WORKSHOPS

WARWICK PROGRAM

DO YOU FIND LIFE EXHAUSTING AND OVERWHELMING?

Feel like there is never enough time and, there must be more to life than the daily grind?

If you've experienced trauma, loss or distress - or are just generally disillusioned by the state of the world and the hardship around us - **The Big Anxiety is for you.**



DISCOVER AND EXPERIENCE

- + innovative methods for working creatively with trauma, anxiety, mental distress, suicidality and crisis
- + creative tools and practices for enhancing personal and community mental health

DAY 1

- + Road Trip - workshop with Marianne Wobcke
- + Creative Media + Hard Place/Good Place workshop with fEEL Lab Team

DAY 2

- + Creative wellbeing workshop with Minola Theatre

TO PARTICIPATE

- + Please contact Cynthia Hoffman on cynthiahoffman30@gmail.com or 0432 168 940
- + Get your free tickets here - <https://warwicktickets.com.au/event/the-big-anxiety-15565>

+ ROAD TRIP - A PERINATAL DREAMING & UNDERSTANDING COUNTRY WORKSHOP WITH

MARIANNE WOBCKE

10:30AM - 12:30PM

Marianne Wobcke, Indigenous Midwife, artist, and award-winning cultural practitioner is bringing her innovative, rejuvenating Road Trip Workshop to Warwick for one day only, as part of The Big Anxiety Warwick

“As a midwife with over 40 years’ experience working at the interface of birth and death, I feel honoured to guide you on this inner journey of self-discovery.

My experiential workshop introduces you through relaxed, mindful awareness, to the unconscious realms of your psyche.

I invite you to take two hours to reignite your creativity.



Image, Marianne Wobcke, Grandmother Dreaming

From birth, our perceptions program us for a life of constant struggle; alternatively with our Songline intact we may create a sense of limitless potential. We can all naturally delight in our unique contribution to our lives, our families and greater community, inspired from a sense of abundance, wholeness, wellness and wellbeing.”

A Girrimay woman from North Queensland, born on Wakka Wakka land; Marianne Wobcke is the 2021 recipient of the Australia Council Ros Bower Award for Community Arts and Cultural Development.

+ LUNCH 12.30PM - 2.00PM

(PROVIDED)

+ CREATIVE MEDIA WORKSHOP WITH + HARD PLACE/GOOD PLACE

2-4PM

Presented by fEEL Lab, this workshop introduces innovative Virtual Reality experiences and immersive media for story-telling, better mental health and general wellbeing. <https://feel-lab.org/research-projects/>

Experience an introduction to virtual reality bodymapping using Embodimap, or transport to the central desert via the story of Wau-Manany - The Song on the Wind.

Or join us to learn about and get involved in **Hard Place/Good Place**, an audio and augmented reality story project exploring the relationships between our mental health and the places we live in.

The fEEL arts team are working with people in Warwick to create digital stories about Hard Places/Good Places, immersive experiences to be viewed on a phone or tablet. If you'd like to begin a project in advance of the workshop, contact hardplacegoodplace@gmail.com and see our website for more details.

More Info: https://feel-lab.org/research_projects/hard-place-good-place/

The workshop is for all those developing stories currently as well as for anyone wanting to try out something new. No art/technical skills required - just bring your experience. Email us ahead of time for more information about how you can participate.



Image, Hard Place/Good Place AR on Ipad

+ 6PM EDGE OF THE PRESENT

Join us at 6pm for the opening of Edge of the Present, a world-leading virtual reality environment for mood improvement and suicide prevention - at Warwick Art Gallery. Please RSVP on their website <https://warwicktickets.com.au/event/official-opening-edge-of-the-present-15463>

+ CREATIVE WELLBEING: FULL DAY WORKSHOP

MINOLA THEATRE

LED BY KAT DEKKER & KAT BHATHENA (ARTS FOR INCLUSION)

10AM-4PM

Join us for a special one day creative workshop exploring mental health through embodied storytelling.

Using playful activities, and learning skills from the world-renowned Theatre of the Oppressed movement, this workshop will create a safe space for participants to explore their experience of mental health and the mental health sector.

This workshop will be interactive, and allow participants to explore the complexities and challenges of their own experiences, and play with ideas and strategies to redefine and innovate the mental health service experience in Queensland.

This workshop is presented by Minola Theatre and Arts for Inclusion, as part of The Big Reach Warwick.



FOUNDING PARTNER



PRINCIPAL SUPPORTERS



MAJOR SUPPORTERS



ARTISTIC PARTNERS



OUR PROGRAMS



+ WARWICK PROGRAM

+ VIRTUAL REALITY EXPERIENCES

+ EMBODIMAP Virtual Reality experience for working with trauma, anxiety and emotion regulation -- with artists, designers, clinicians, and users on hand to share insights. Dr Gail Kenning and Dr Lydia Gitau [fEEL] demonstrate and discuss the applications of this platform with different community groups, including young people from refugee backgrounds and trauma survivors.



+ PARTICIPATE IN RESEARCH

If you are 18 years+ with lived experience of depression and/or suicidality - you may like to participate in a research study in where we evaluate your mood/wellbeing before and after experiencing EDGE OF THE PRESENT.

Book online or contact Brittany Dale at Warwick Art Gallery

brittany.dale@sdrcl.qld.gov.au



+ WAUMANANYI: THE SONG ON THE WIND

By Uti Kulintjaku (with fEEL) - an Anangu-led response to the experiences of constraint, entrapment, and depression through the traditional story of 'The Man in the Log'. Waumananyi is an innovative VR artwork used in remote communities in the APY Land (with artists, Volker Kuchelmeister and Uti Kulintjaku).



+ PARRAGIRLS PAST, PRESENT

A deeply moving 3D immersive experience, unlocking memories of institutional 'care' by former residents' visions of the Parramatta Girls Home. The project will be a catalyst for discussion of art and trauma work.

