



What is Claim Our Place?

Claim Our Place is a feminist online arts-based program for student women who have lived experiences of gender based violence. The program is free of charge and art materials are provided for all participants.

Why an artmaking program?

Research suggests that artmaking offers opportunities for calming, focus, connecting and increasing a sense of wellbeing. Claim Our Place invites victim-survivor student participants to come together to make art online, for the purposes of developing healthy, creative and transferrable strategies for managing stress and promoting wellbeing, while building connections with others.

I like art, but don't think I am artistic

If this is how you feel, then Claim Our Place is perfect for you! Some of the elements of this page design were drawn by participants who have not practised art since childhood. Claim Our Place focuses on the spark of creativity that is uniquely yours. As lifelong learners, the program challenges you to consider creativity in a new light. You will learn about different materials and techniques, but will always be encouraged to engage in a way that interests you.

Can I participate if I can't attend all sessions?

You certainly can! We understand the pressures of studying and balancing life's commitments. Each Claim Our Place group has a Teams site for keeping all participants up to date, connecting with one another and uploading videos and resources for you to engage with at your own pace.

What does a weekly session look like?

Online sessions run for 90 minutes and each week we look at different creative activities. These include watercolour and acrylic painting, creating mandalas and mixed media collage and exploring colour mixing. We are guided by the interests of participants, so activities can be very fluid. You can grab a cuppa and log in from your favourite quiet place to take time to nurture your creative self.

Interested?

Contact the Claim Our Place Coordinator
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