

Culture Dose for Kids

(and their parent/carer)

at the Blue Mountains Cultural Centre, Katoomba



8 FREE sessions on Saturdays

25 Jul – 19 Sep, 2 – 4 pm

9-12yr olds and their parent/carer

Applications open 7 May and close 22 June 2026

Engagement with the arts can help young people connect to their feelings, thoughts and imagination. It can build self-confidence and resilience, foster social connections and improve mental health and wellbeing.

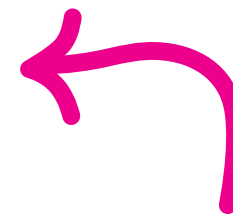
Led by art gallery facilitators, all art materials, resources and afternoon tea will be provided.

We're inviting children aged 9-12 who are experiencing mild anxiety, along with their parents or caregivers, to take part in a calming and engaging eight-week art program at Blue Mountains Cultural Centre.

This free program will provide a safe, structured space for young people and their parents or caregivers to engage with and respond creatively to artworks in a small group setting.

Led by art gallery facilitators, the program will be held over eight consecutive Saturdays between 2 pm and 4 pm. A program for the participants' parents or caregivers will run at the same time. All art materials, resources and afternoon tea will be provided.

Culture Dose for Kids™ is a program led by the Art Gallery of New South Wales and developed from a research study conducted by the Black Dog Institute.



Fill in the online form to apply.

Apologies to previous class members but, this class is for new participants only.



Culture Dose™ and the Culture Dose for Kids™ programs were developed by the Art Gallery of New South Wales and the Black Dog Institute with the support of the Jibb Foundation. The regional program is presented with support from the Ottomin Foundation.

Images: Participants in Culture Dose for Kids at the Art Gallery of New South Wales. Photographer: Penny Clay 2026