



POSSIBILITIES & POTENTIAL

A 10 Week Creative Support Group for Anxiety & Depression

Anxiety and depression are two of the most common mental health challenges people face. As social stigma against these conditions wane, people are accepting their diagnosis with more equanimity but still struggle with coping in the long-term.

Possibilities & Potential is a support group for people dealing with anxiety and depression who have had some experience of counselling and are open to discovering **a creative approach towards living well and overcoming the limits** of their diagnosis.

Creative therapy is an invitation to use your imagination to discover new insights to familiar issues, freeing you to convey thoughts and feelings about your struggles in powerful ways.

You do not need to be 'artistic' in any technical sense - we all have vast resources of creativity that often go unrecognised or have not been sufficiently encouraged within us. The group offers **a safe space to explore different ways of thinking about your experience of anxiety and depression** using various creative media: Discussing a song's effect on how you feel; reminiscing about a favourite film; quoting a line from a magazine article or book that lingers in your memory; talking about a photo or painting that transports you - the group allows you to **share how everyday art has impacted you**, and to **support others through facilitated discussion and exploration**.

The group requires you to commit to attend 10 weekly sessions where you will be guided in sharing about yourself and supporting each other. **You will be encouraged to find your own creative sensibilities, make connections with others' experiences, and draw useful insights and practical coping strategies that you can immediately apply.** Ultimately, the ability to look at the world and life through a creative lens is a valuable resource for coping with anxiety and depression.

Group sessions begin TBC *

Meetings take place on XDAY from Xpm to Xpm *

All meetings will take place online via Zoom *

The group is limited to a maximum of 12 members *

