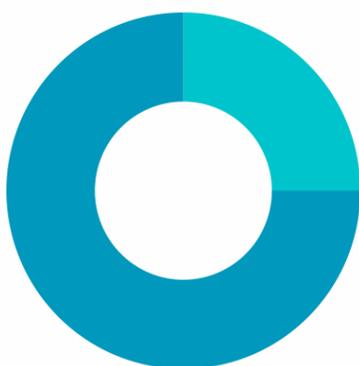


Art and Creative Skills Collective Story-Writing Program



A 6 week-long program to help youth enhance their mental health wellbeing and 21st-century life skills

75% of the participants* identified themselves as **Females**



25% of the participants* identified themselves as **Males**



*Total participants = 30



Participants admitted that the program enhanced their **Writing skills**



Participants said that the workshop content was **inclusive** and **culturally sensitive**

Top 3 favourite things about the program



Interaction with Peers



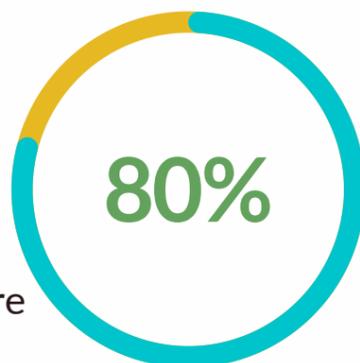
Sharing the stories



Safe space

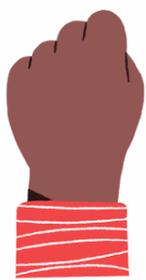


Participants responded that they were **feeling better** after the program

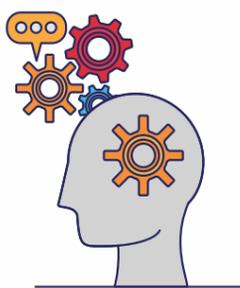


Participants said that they had **never participated in a similar program** before

Top 3 life skills enhanced



Confidence



Creativity



Communication



Participants responded that the **facilitators were respectful**



Participants said they would **recommend the program to their friends and peers**



In the words of participants...



"I think writing is a good way to improve your mental health, and this program does that"

"I really enjoyed it. I had a lot of fun. Honestly, it was like therapy since we're all locked at home. Being able to write, share, and listen to other people share made it really interesting"