

Sessions take place @
*S.O.D.I.T
(Survivors of Depression in Transition)

Unit 4 SYAC
Business centre -120
Wicker
Sheffield
S3 8JD

Thursdays
12.30- 2.30
pm

Women are welcome to come along to one or two sessions, try it out, before deciding if you wish to join.

Covid protocols:
we work with doors and windows open and, where possible, will take a lateral flow test before the session. Please do not attend if you are feeling unwell or have been in contact with an infected person.

Contact:
chrys@sodit.org
for more details &/ or to book your place.

Sodit* does
Drama and
Creative
play



**Sodit does
Drama and
Creative play
sessions offer an
opportunity to try
out physical and
vocal warm-ups,
games, creative
play and
improvised drama
activities to build
confidence,
encourage
self- expression,
co-operation and
fun!**

We are a small group, limited to 6 women, so as to build trust and safety.

The group is open to all women with experience of depression and/or mental distress.

Please note: Whilst we acknowledge our struggles and survivor strengths; the sessions focus on our abilities, creativity, skills building, enjoyment and capacities for play and invention.

We do not dwell on our limitations. We explore and re-invigorate our strengths and enthusiasm.

No previous experience is required.

The group honours confidentiality and we do not perform for an outside audience.



Sessions are facilitated by **Chrystine Moon, an experienced Dramatherapist**, survivor of depression, Community artist, performer and musician. Chrystine has worked in mainstream schools, residential care and a variety of Community Arts and health settings.

Chrystine says: “I love running these sessions and am continually encouraged by the powers of creativity to restore vigour and enthusiasm to a weary heart, confidence to the previously defeated and enjoyment and humour even amidst testing times. I continue to have my own struggles yet Creative Arts are the thread that has never abandoned me. I feel creativity touches the soul and spirit, can offer tools that keep hope alive and are capable of a kind of alchemy in which our wounds also become our powers. Also, I have almost never run a session in which we didn’t also have a laugh!”