



Sessions are facilitated by
Chrystine Moon in collaboration with

S.O.D.I.T [Survivors of Depression in Transition]

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ALL WOMEN ARE CREATIVE

Join us!

Contact: chrys@sodit.org



S.W.A.G

Sodit Women's Arts Group



A fortnightly group for women to explore their creativity to enhance well-being, self-esteem and self-expression.





SWAG is a fortnightly group for women who wish to own and explore their creativity to enhance, support and enrich well-being, self-esteem and self-expression.

ALL WOMEN ARE CREATIVE

Yet, too often, our creative powers are dismissed, diminished and not sufficiently celebrated.

At SWAG we are changing this!

We will **SEE** and **CELEBRATE** your creativity, whether dormant, timid, emerging or flamboyantly developed!

We **make time** to share our creative ideas, projects and interests

We **celebrate women artists** who inspire us.

I offer **Creative Challenges**, Inspired Ideas and Provocative Delights; Active exercises to have a go at during the sessions within the supportive company of the SWAG sisterhood.

Sessions take place on Zoom, fortnightly on Mondays 1- 2.30pm

You are welcome to attend as often as you wish.

Interested?

Contact: chrys@sodit.org for more details &/or the ZOOM link

Sessions are facilitated by **Christine Moon,**

Christine has many years' experience working in creative-therapeutic ways with young people, elders, women, LGBTQ+ groups and in a variety of community settings.

Christine says: Deep, authentic creativity has been the thread that had carried me through complex trauma, loss and severe depression. I know the powers of therapeutic art work to restore love and power to our hearts and souls whatever we are up against and, for me, it was the path that not only healed my wounds but enhanced my life immeasurably. I believe in the deep powers of honesty, creativity and community to nurture and assist us towards wholeness and real fulfilment.