

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 facilitator & Survivor of depression.**

Chrystine has worked as a Dramatherapist, Community Artist, Performer and Musician 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!”