

Tree of Life

A Creative Therapy Group

Tailored to groups of any year group, with an emphasis on resilience and social inclusion. This workshop draws on the metaphoric parallels of individual lives with their 'happenstance' tree.

4 - 6 students across 6 sessions

Quiet and sometimes unnoticed students who seem to be getting by but might not be thriving or continuing to struggle at school and their relationships.

Themes covered:
Resilience, Identity, Friendship,
Ecological Impact and Gifting/Resourcing

