

SUTTON EDUCATION WELLBEING SERVICE

DEMYSTIFYING EXAM STRESS

A Creative Art Therapy group that encourages inventive art-making processes with explorative perspectives on stress, expectations and judgement, balanced with constructing realistic visions of the future.

This 6-week closed-group will be aimed for students, who are navigating personal challenges, pressures and expectations triggered by exams, empowering them to explore, rediscover and accept who they are.

Please speak with your school if you are curious or interested in joining.

