

Celebrating Calm and Wellbeing: Our First-Ever Art Therapy Group for Women

On **International Wellbeing Day**, we proudly hosted our **first-ever art therapy group for women**. This special session brought together women from all walks of life to explore **calm and wellbeing** through the transformative power of art. As a charity committed to supporting women's mental health and wellbeing, we were thrilled to offer these sessions **free of charge**.

What is Art Therapy?

Art therapy is a creative and healing process that helps individuals explore emotions, process experiences, and enhance wellbeing through artistic expression. It's not about being an artist but about using creativity as a pathway to self-discovery and inner peace.

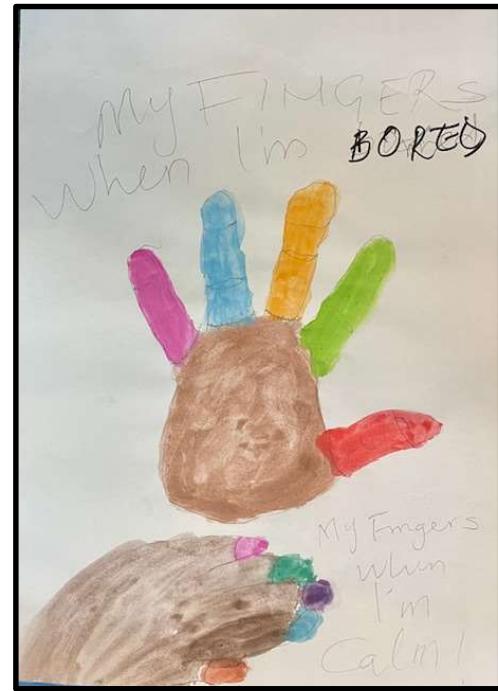
A Milestone for Us

As our **first art therapy session**, this event was a meaningful milestone for us. Hosting it on **International Wellbeing Day** felt especially significant, as it aligned with the global focus on prioritizing mental health and self-care.

Exploring Calm Through Art

The session was designed to explore the theme of **calm** through two creative processes:

1. **Individual Creations:** In the first half, participants made their own artworks reflecting their personal interpretations of calm. The pieces created by the group were incredibly diverse and powerful, with each one offering a personal story—whether it was a calming landscape, an abstract expression of emotion, or a simple yet profound symbol of peace. Each artwork reflected a unique experience of what calm means, bringing the feelings of the artist to life in a way that resonated deeply with everyone in the room.





2. **A Shared Creation:** In the second half, the group collaborated on a **joint artwork**, sharing ideas about what makes them feel calm. This collaborative piece symbolized the connections formed during the session and the collective values of peace and balance.

(Insert an image of the collaborative artwork here.)

How Art Therapy Helps

One of the most powerful aspects of art therapy is that it allows you to explore what is currently affecting you, without having to delve into past experiences or difficult memories. It offers a way to focus on present emotions—what you're feeling right now—without the pressure to revisit challenging moments from the past. This creative process provides a safe space for self-expression, enabling you to gain insight into your emotions and how to move forward in a positive, mindful way.

Reflections from the Group

At the end of the session, participants shared their thoughts on how the experience had impacted them. They expressed how the session had:

- Helped them **identify ways to feel calmer** in their daily lives.
- Enabled them to **feel a deeper connection with themselves and others**.
- Left them **feeling more energized** for the day and week ahead.
- Sparked new thoughts about the **potential to improve their lives on a day-to-day basis**.

These reflections are a testament to the healing power of art and the safe space created during the session.

A Special Thank You to Our Participants

We are profoundly grateful to the amazing women who joined us. Your openness, creativity, and energy brought our first session to life.

A special thank you as well for allowing us to share some of your beautiful and meaningful artworks. These pieces now serve as inspiration for others to explore art therapy as a way to connect with themselves and others.

Looking Ahead

This was just the beginning! As a charity dedicated to supporting women's wellbeing, we're excited to continue offering **free** art therapy sessions, providing a creative and supportive space for women to connect, heal, and thrive.

Stay Connected

Have you experienced art therapy? Or are you curious to learn more? We'd love to hear from you!

Info@peacegrace.co.uk

Tel: 07588026626

Please email for updates on future sessions and resources for self-care.

Thank you for helping us make our first art therapy group a success. Here's to celebrating creativity, connection, and calm—together.

Memory updated

Here's a quick bio for Stefanie Marsh:

About Stefanie Marsh, Art Psychotherapist



Stefanie Marsh is a qualified art psychotherapist with extensive experience working both in the **NHS** and in **private practice**. She is passionate about using creative expression as a therapeutic tool to support mental health and wellbeing. Stefanie will be running our **monthly group art therapy sessions**, offering a safe and supportive space for women to explore their emotions and creativity. She is also looking to expand her services to include **individual art therapy sessions**, providing personalized support for those seeking deeper exploration of their emotional health.

If you are interested in any of our events or want more information, please email stefaniemarshtherapy@gmail.com.