

Stories of Breath



The Stories of Breath workshop invited participants into a world of creativity and reflection. Through arts and crafts, people were encouraged to share personal stories, some joyful, some deeply difficult.

The room quickly became a space of raw honesty. Participants shared experiences they had carried quietly, stories that were emotional and sometimes heavy. The act of creating, painting, crafting and shaping gave them a gentle way to express feelings that words alone could not capture.

Staff were present throughout, quietly supporting each person's emotional journey. Their guidance helped participants feel safe to explore, to pause when feelings became intense and to continue at their own pace.

By the end of the session, the atmosphere had transformed. What began as a room of vulnerability became one of connection and understanding. Participants spoke of relief, of being seen and heard and of discovering the strength in sharing their stories with others who listened without judgment.

The workshop showed the power of creativity to unlock emotion and the importance of a supportive environment where people can face their experiences safely. In that room, difficult stories became bridges, linking personal reflection with empathy, understanding and shared humanity.

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www.gwacic.com
info@gwacic.com