



Roots of Connection

A space for creativity, wellbeing and shared voices

Here's our free creative wellbeing programme for young adults (18-25) with experiences of dissociation, derealisation, anxiety, depression or psychosis

The Wellbeing of Listening A gentle evening of shared listening

Wednesday 20th May - Open mic night, Victoria Inn 7pm

Creative Expression Session Relaxed creative making and expression

26th May - Essex Uni 6-8pm

Psychology for Wellbeing How our minds support everyday wellbeing

2nd June - Essex Uni 6-8pm

Nature as a Place to Breathe Time outdoors to slow down and reconnect 9th June -

Essex Uni grounds 6-8pm

Gentle Journalling & Reflection Quiet space to write, reflect and unwind 16 June -

Essex Uni 6-8pm

Gentle Practices for Inner Calm Soft grounding and holistic practices Weekend session

date and venue tbc

Celebrating Our Journey A warm gathering to share and reflect

Showcase event: 30th June - Essex Uni 6-8pm



Want to join us?

Email rested@essex.ac.uk



University of Essex