

FREE FOR
RBKC RESIDENTS

CHANGING PERSPECTIVES

A fun, interactive course exploring how photography can help improve our wellbeing, mental health and connection with others and the world around us



THE COURSE

The set of 6 workshops explore themes such as: Identity / change / memories and a choice of exercises are offered for participants to complete between sessions.

Each weekly 90 minute session is structured as follows:

- Check in
- Sharing of previous week's photos
- Introduction of new theme
- Photographer in focus for inspiration
- Exercises for following week

No skill or experience is needed to take part, just a device that takes photos.

WHERE & WHEN

At **The Tabernacle**, 34-35 Powis Square, London W11 2AY

Group 1 - Tuesdays 7:00pm -8:30pm
Starting **21st June** 2022 for 6 weeks
Group 2 - Fridays 10:30am - 12:00pm
Starting **24th June** 2022 for 6 weeks

AIMS

1. To build **small creative communities** in which participants feel safe to explore important subjects through photography.
2. To provide an activity which supports **6 ways to wellbeing**, through connection, learning, being active, supporting each other, noticing what's around us, and creating.
3. To unearth and showcase **local creative talent**.

ABOUT ME

"As part of my own recovery from mental health, addiction and homelessness I have found photography incredibly important in making peace with the past and the present.

I have shaped these experiences along with my skills as a photographer (trained at Central St Martins) and experience as a group facilitator into a course to help others to explore the therapeutic power of photography."

To book or find out more contact:

iamjonrees@gmail.com

07749 998 937



Kindred Studios