

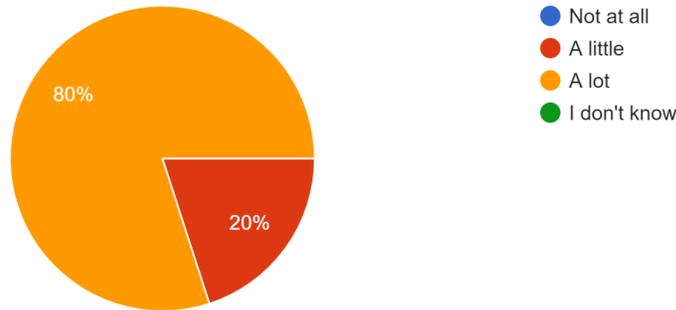
Wellness in Words (Online)

Post-Workshop Evaluations

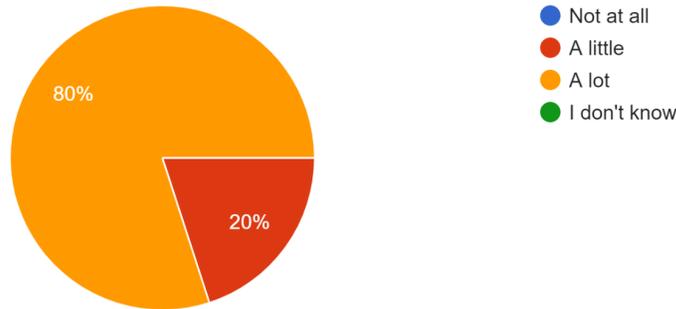
Mohawk College
April 5, 2022

Number of attendees: 12
Number of evaluations: 5

Did this workshop increase your awareness of mental health issues related to hope and resilience?
5 responses



Did this workshop help you name and see examples of stigma related to mental health issues related to hope and resilience?
5 responses



What was your main takeaway?

I have a lot to work on still

Everyone's open and kind hearts. This workshop provided a safe-space to feel vulnerable, and to write my emotions onto paper instead of letting them ruminate in my mind.

The importance of giving our experience the words they deserve.

Poetry is an incredibly powerful form of emotional release. I became aware of emotions I had not felt in a long time from writing poetry inspired by the short films.

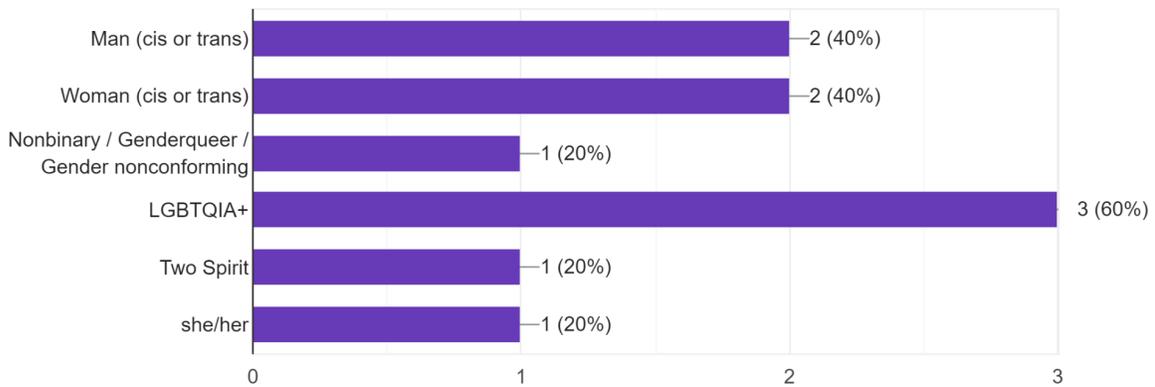
How might you use what you learned today?

Continuing to write
I have learned that I am still creative. I can still write and put my words into art. Deep emotions make for beautiful and healing words.
I will be giving more energy towards my writing and using it as a healing exercise.
I plan to use my vulnerable experience as a guide towards finding my inner child and helping him heal. I plan to write more of my feelings down, and seek to understand these emotions alongside mental health professionals.
To teach others of how mental health can be a challenge

If you were telling a friend about this workshop, you would describe it as:
(Highlights: see raw data for full list)

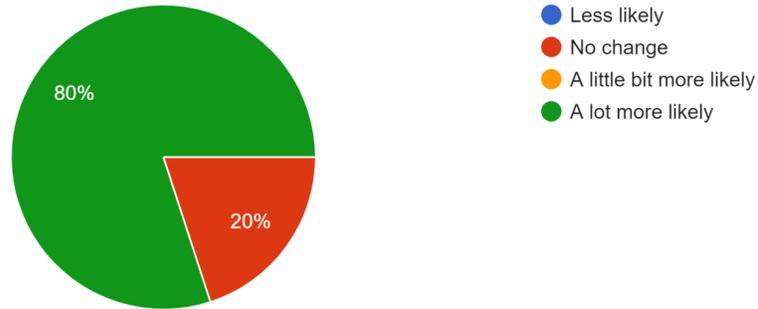
Emotional
A safe-space to be vulnerable and create.
An opportunity to explore our creative ways to express ourselves and process the world around us.
Revolutionary
A fun and creative way of talking about mental health and a fun chance to write some poetry.

How do you identify? (Check all that apply)
5 responses



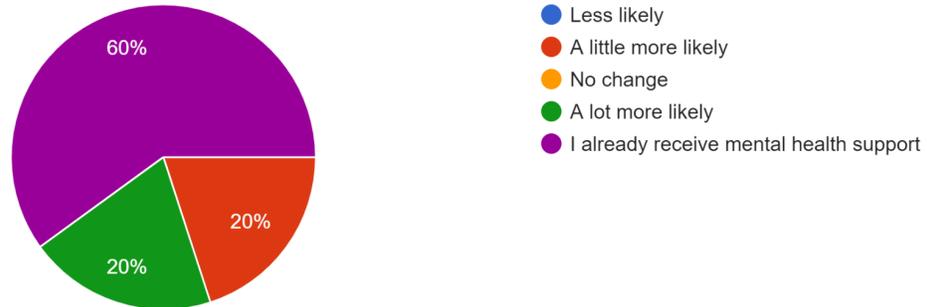
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

5 responses



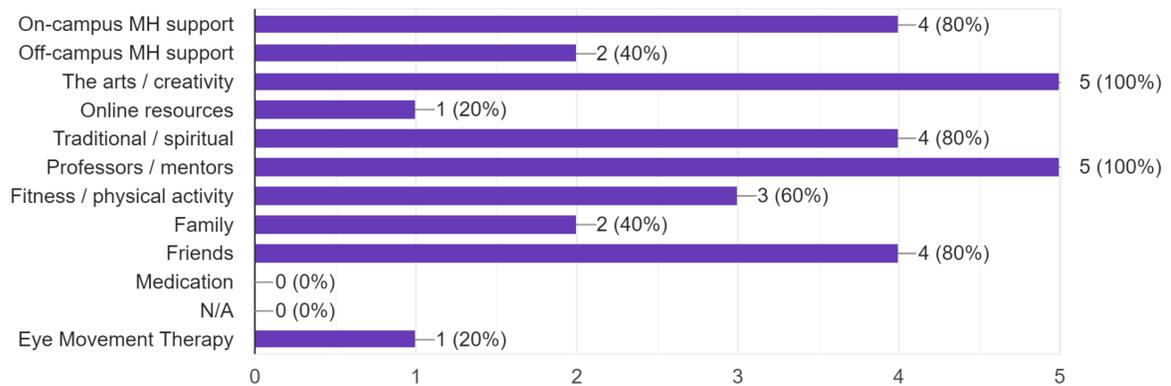
After this event, are you more or less likely to seek support for your own mental health?

5 responses



What type(s) of mental health support do you think would be most useful to you?

5 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?

(Highlights: see raw data for full list)

My desire for control. I want to be in control and have control over my body. The absence of control scares me.

Outside stressors, Housing Crisis, Toxic People/Social Relationships

My anxiety. It leads to self doubt, and makes me forget a lot of progress and strategies that I have worked hard to maintain.

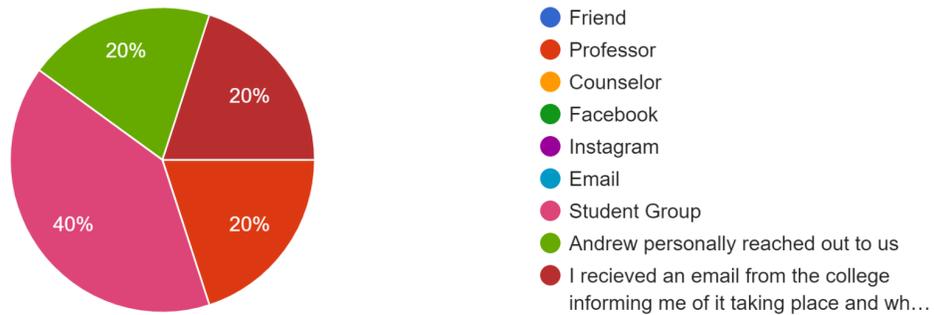
Time. I do not always have time for things that I enjoy and to also do school so I don't have a lot of time to get therapy.

How can we improve this event in the future?

Slower lead in to heavier topics
Perhaps more writing time? Even if it were just a minute more, I think it takes a minute to get your mind running and to see past any fog.
More time...an hour longer.
Everything about it was incredible. I cannot think of what needs to change.
I think something that could be improved in this event is to maybe have more people from different schools participate so we have more people from different fields of study participating.

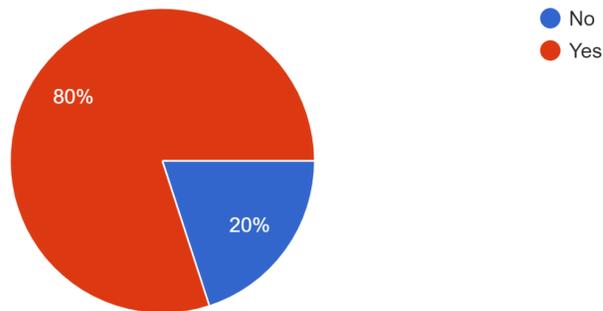
How did you hear about this event?

5 responses



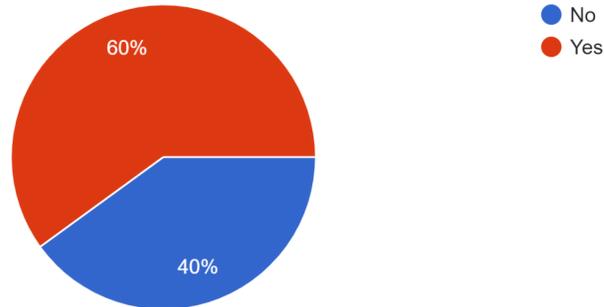
Before this event, did you know about your school's counseling services?

5 responses



Before this event, did you know about the community resource(s) who presented on the panel?

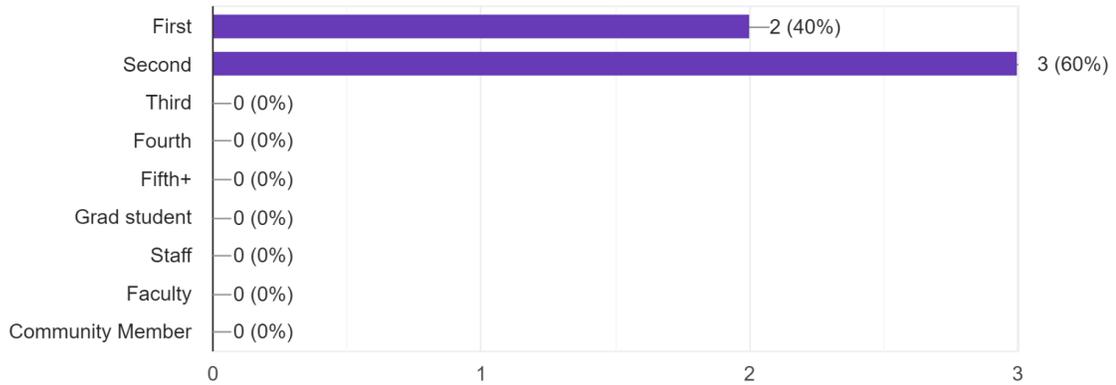
5 responses



Major	
Indigenous Studies	1
General Arts and Science	4

Year

5 responses



Ethnicity

5 responses

