

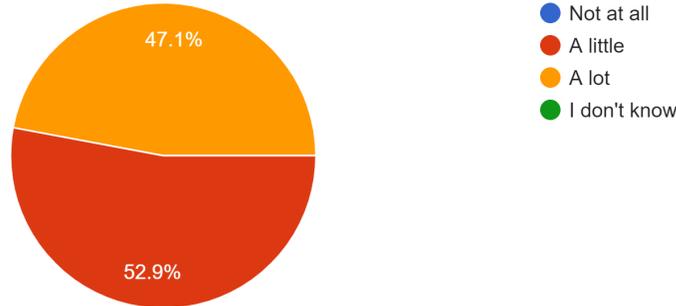
Wellness in Words (Online)

Post-Workshop Evaluations

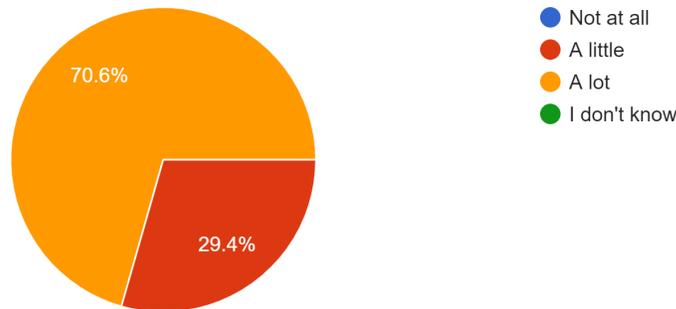
Seneca College
October 22, 2021

Approximate maximum
attendance: 26
Number of evaluations: 17

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



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



What was your main takeaway?

- I learned different techniques with writing and how to more effectively use emotion in writing. More importantly, I learned that it's okay to not write a perfect poem every time
- I learnt that where there is life, there is hope and we should appreciate ourselves. Keep being motivated. Change is the only constant thing
- It's okay to take your time to heal and be aware.
- What was done to me in the past wasn't my fault.
- There is help available and I am worth it!
- Self care is very essential connecting it to my mental health
- Poetry is a good release
- to love myself
- writing things down help clear your mind
- Writing can be a great way to let off steam
- That I am not alone.
- Write your feelings. Write your feelings. Write your feelings.
- Poem help us our mental health
- A safe space to open up
- Be corny, lol. Be open, do not judge!
- I loved the poems side of it all, i'm not sure about the short films. Mainly because i don't like ptsd being solely associated to veterans but that is just personal bias

How might you use what you learned today?

- I will use it by improving how I see myself. Being confident, not fearful or hopeless after disappointment or any other thing.
- Be more patient with myself
- Definitely in my work and my day to day, poemize my feelings
- Take a break for a few moments of the week, take a deep breath and connect with your inner self
- I would love to use this on inner city youth who may be open to getting in trouble in their future.
- I will use what I learned today to write more, since writing is something I love to do (even if I'm not great at it)
- Follow through my journal/writing to be able to express myself more
- I want to continue expressive writing.
- spend more time on self care
- I could use when I feel down
- It's okay to open up to others
- Go into more writing. putting my feelings into writing
- That self-care is also important.
- Use writing more to express myself
- to actively love myself

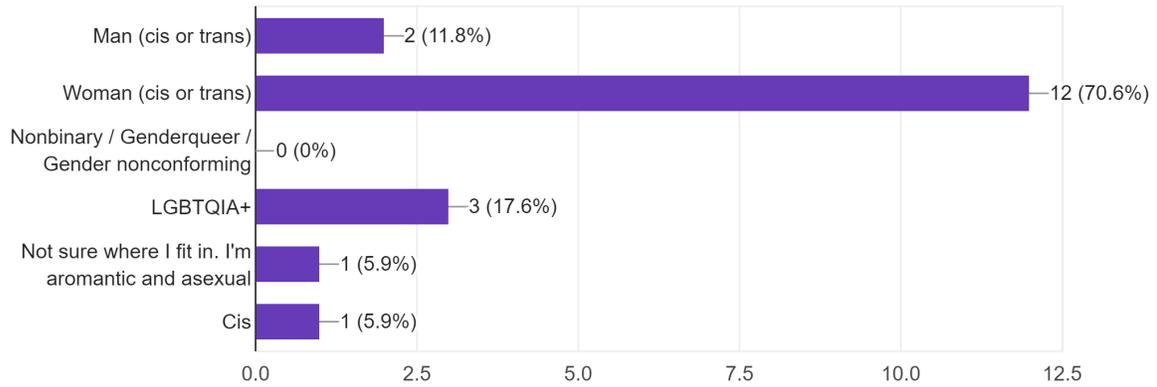
If you were telling a friend about this workshop, you would describe it as:

- The workshop was incredible, a little heavy but necessary. Chris is amazing!
- A nice experience where you learn a bit more about yourself than you'd expect and hear other experiences that might help validate your own
- A great way to explore mental health in a positive environment with art
- I would have to say it was fun and shining light in dark corners of the self

- Discussing mental health and how to channel emotions into poetry
- A place for healing, but it may lead you to get hurt a little more before you heal.
- Free-spirited, yet guided and facilitated, information session and expressive writing session on mental health.
- Help to recognize the better self of myself
- Informative and interesting
- A safe community
- A safe space
- Informative
- Amazing
- helpful and safe
- helpful
- it was nice

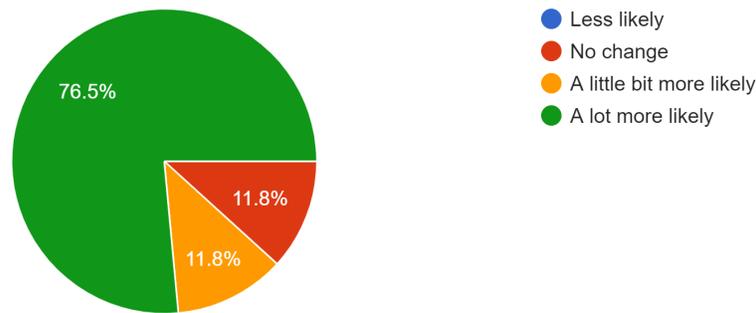
How do you identify? (Check all that apply)

17 responses



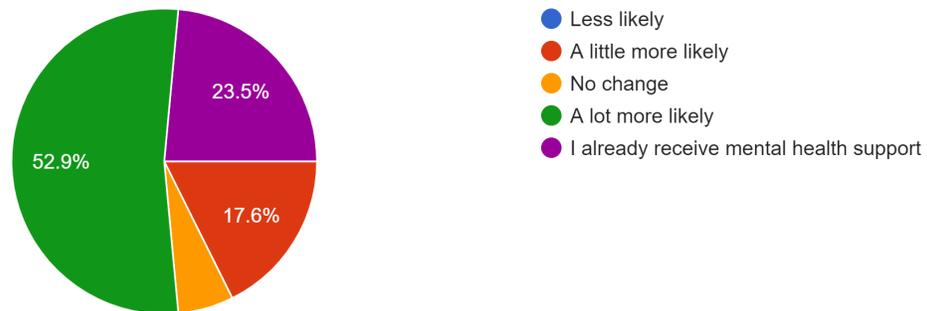
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

17 responses



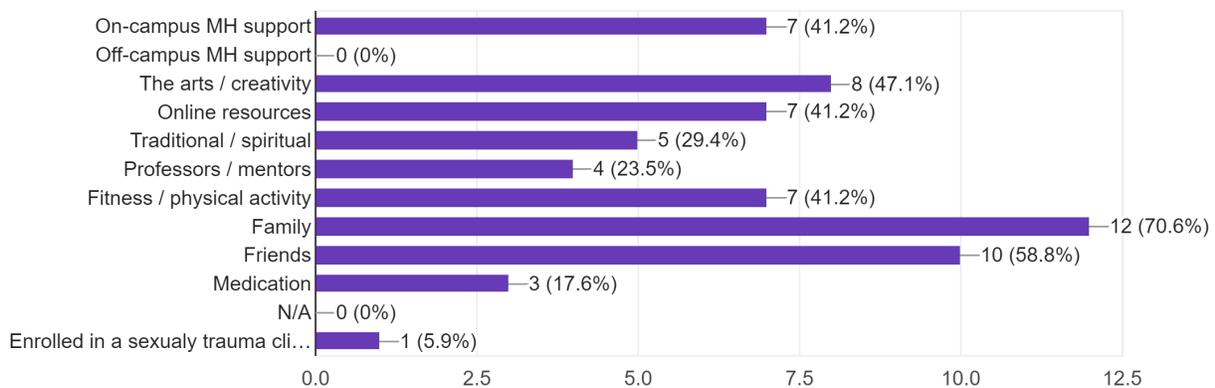
After this event, are you more or less likely to seek support for your own mental health?

17 responses



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

17 responses



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

- Financial situation(or lack of knowledge of prices and fees)
- There are no barriers. But what I can say is institutionalized care is hard for many people as that type of care is not flexible. The rigid rules on how to practice sometimes does not work for people
- Reaching out. I have a lot of anxiety about approaching others or asking for help, whether is ordering a coffee or asking for an extension on an assignment
- I wish people would say client and not patient. It makes me feel very sick and only that one thing. :(
- I am afraid to speak; I am afraid to show my vulnerabilities
- Self sabotage, repeating negative patterns, not being as functional as people around me
- Feelings of vulnerability and busyness of life.
- Being afraid
- My borderline personality disorder is usually a pain in my butt, but i get along fine

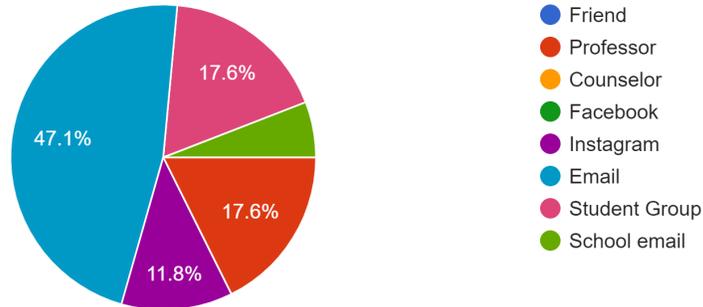
- Being transparent
- virtual help is barrier for me
- Time
- Fear and uncertainties
- fear
- Not knowing who to go to
- motivation

How can we improve this event in the future?

- It's all good. I'm glad that the party size isn't too big. Feels more personal the fewer we are
- Have more sessions like these please! A facilitated guide to expressive and vulnerable writing is something most people do not know they need.
- Event was really cool, very interactive and interesting. I don't see any improvement points
- I enjoyed it a lot, I think maybe making it longer so we can go into depth a bit further?
- Bring Chris back! :) This was amazing :)
- Maybe the option of open mic for people to read their poems in their voice
- By making more awareness
- Spreading the awareness of it, not just an email.
- Its great already to me
- I will ask face to face support
- The session went very well! Could not have asked for more.
- More awareness
- I think it is perfect as it is. It is very engaging and helpful.
- to rethink the way I normally think
- I find Big Blue Button does not work very well for me. Next time, could you do it on Google Meet, or Zoom, or Microsoft Teams, instead?
- everything was fine for the most part

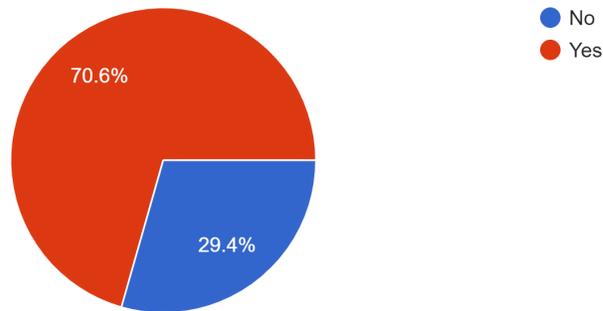
How did you hear about this event?

17 responses



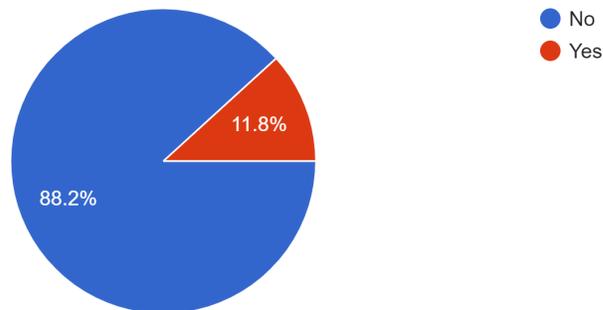
Before this event, did you know about your school's counseling services?

17 responses



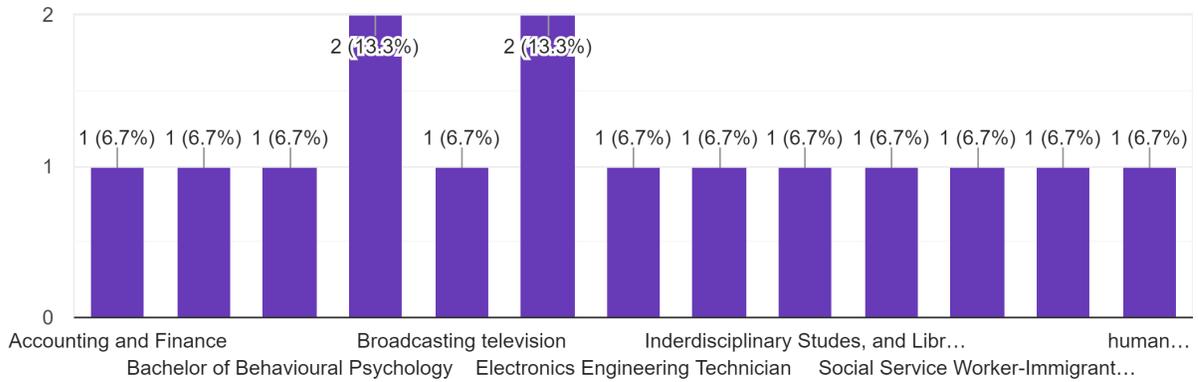
Before this event, did you know about the community resource(s) who presented on the panel?

17 responses



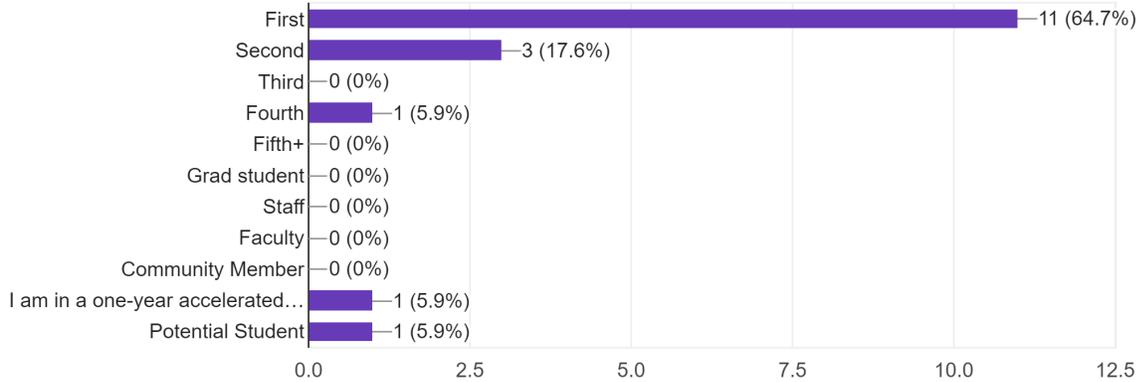
Major

15 responses



Year

17 responses



Ethnicity

17 responses

