

Sanctuary Space

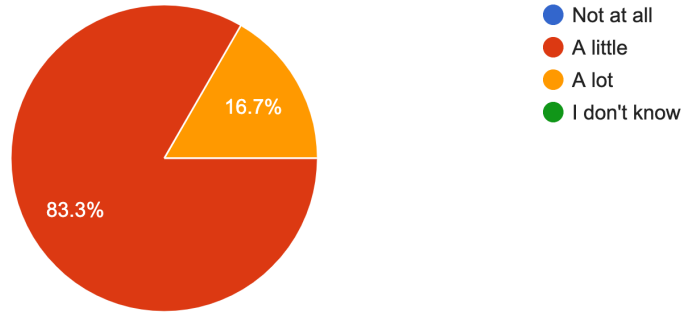
Post-Workshop Evaluations

The Art of the Zine
June 18, 2021

Approximate maximum attendance: 15
Number of evaluations: 6

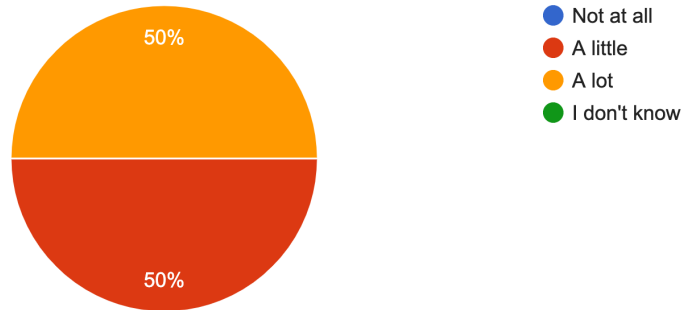
In your opinion, did this event increase your awareness of mental health issues?

6 responses



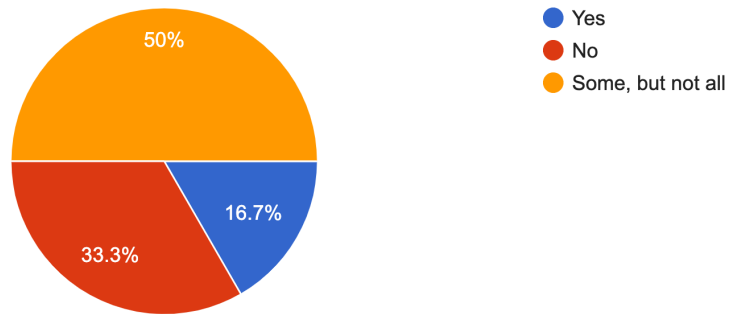
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

6 responses



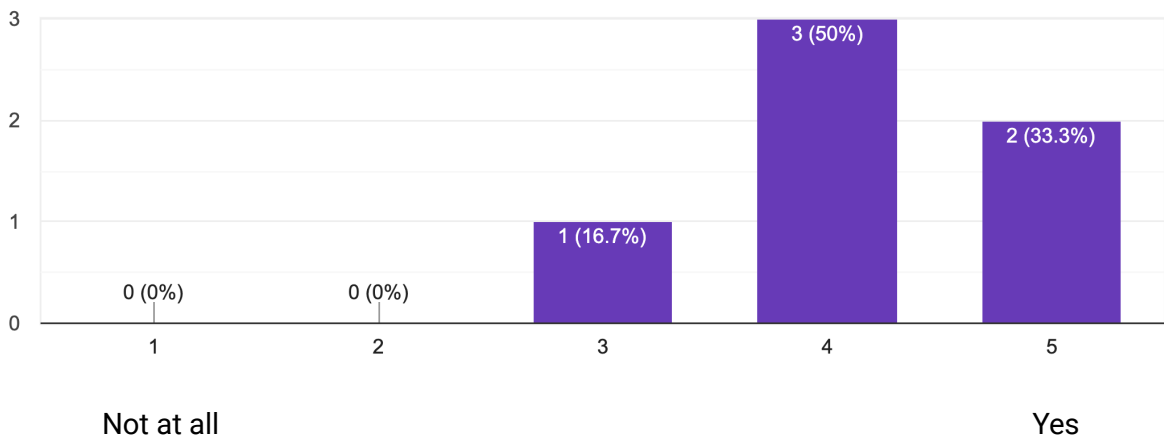
Did you know about the resources listed in the Shared Notes prior to the workshop?

6 responses



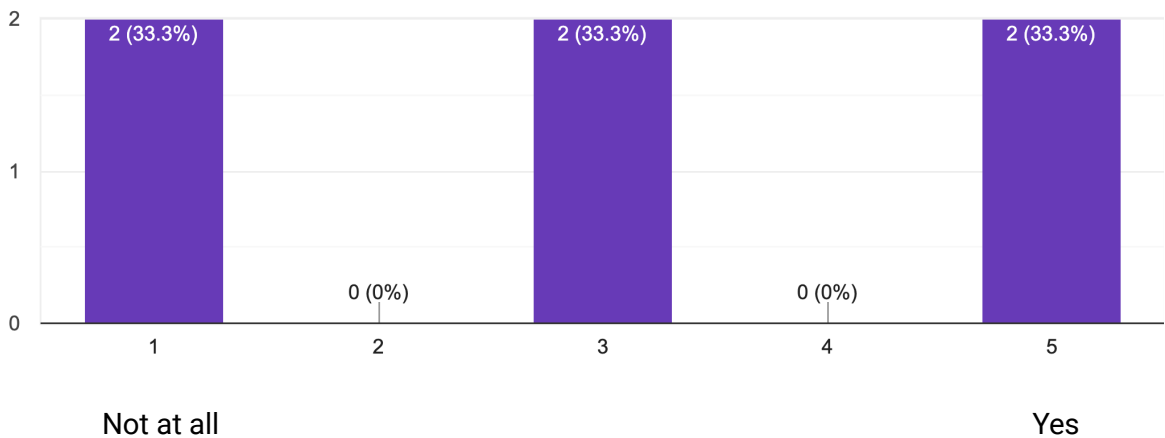
After this workshop, do you have new tools to support your own wellness?

6 responses



Was the topic of today's event something you think about often, or was it new for you?

6 responses



What are your initial thoughts about your experience at today's event?

This was really great!
 Fun!
 It was fun and relaxing.
 Be open minded and check it out.
 I liked the intentionality of thinking through what the quarantine brought and focusing on how we feel.
 I was excited to learn what a zine was and following the webinar, I was more excited to create one! It was a great experience to have a template where we could follow along.

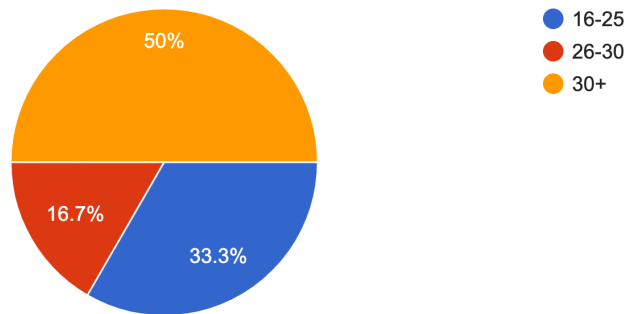
What was your key takeaway?

Setting up a zine.
 I can do more of this in the future with the awesome Canva zine templates.
 That mental health isn't something to fix but to cope with your life.
 It's cool to learn to make zine.
 To acknowledge all of it - the good and bad. To be aware of what comes up and notice it, not judge it.
 Participating in different forms of art can be helpful for my mental health.

How might you use what you learned today?

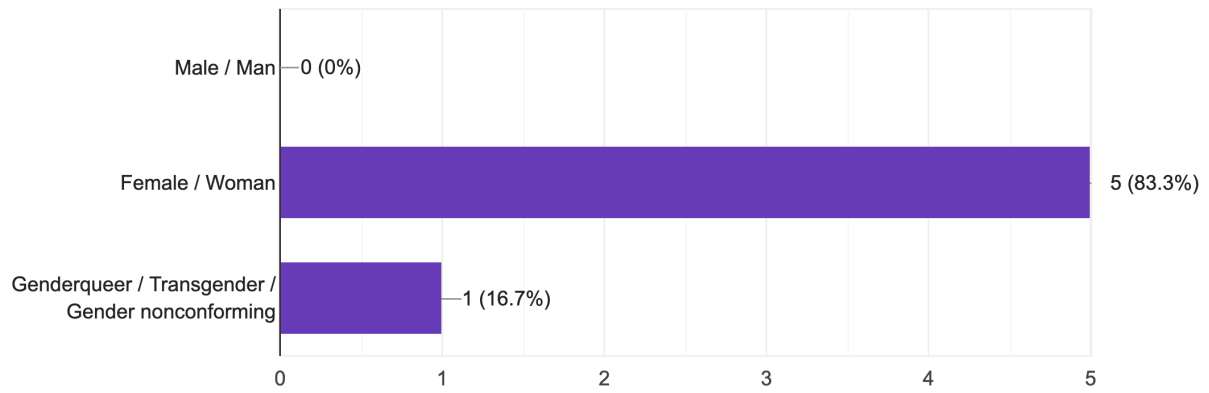
For myself and others to honestly express ideas
 visual journaling, dream recording, ponderings, working through things
 I'll continue use zine as a creative process to spread awareness to people or go to social event
 I'll make my own zine frequently, like a digital diary
 It helps me normalize conversations about mental health in very easy and relatable ways.
 I may use Canva both professionally and personally.

Age
 6 responses



Gender Identity

6 responses



Ethnicity

6 responses

