



# Spark of Brilliance

Seeking to Uncover and Spark the Creative Spirit

## What is Spark of Brilliance?

Spark of Brilliance is a peer-driven, community-based mental health initiative that provides creative experiences that foster healing and recovery through the arts. Workshops take place in a safe, welcoming environment and are open to adults living with mental health and/or addictions issues as well as their supportive allies. Workshops are available in Guelph and Kitchener and are offered at no cost to participants.

## Why is Art Important in Recovery?

Connecting or reconnecting with the healing power of the arts can and does have positive benefits for self-esteem, self-fulfillment, and quality of life. When people participate in group creative activities, they:

- Become more optimistic, hopeful, and confident
- Experience less boredom, anxiety, loneliness and isolation
- Are better able to let go of tension and reduce stress
- Are better able to communicate their emotions and concerns

## What Participants Have Said About Spark of Brilliance

*"Spark of Brilliance shines a glimmer of hope into the community and gently encourages individuals to move towards it through their own creative means." K.M.*

*"Spark [of Brilliance] has been an integral part of my recovery. Going to this fabulous group has allowed me to gain confidence and go into the world a lot stronger." K.T.*

*"All of these [workshops] support healing and well-being and reduce stigmatization and alienation so often suffered by those impacted by mental health challenges." N.H.*

*"Personally, Spark of Brilliance events gave me something to look forward to, something that fit within my limited budget and allowed me to realize how much getting together with other creative souls and laughing and creating boosted my sense of well-being." A.N.*

*"I have learned more about myself and others from participating in this program than any other program I have taken part in. It also has been the most empowering and safest environment of a program that I have ever experienced. Put simply, it has helped me to never give up on myself." A.A.*



## SELF HELP & PEER SUPPORT

Spark of Brilliance

### Contact Us!

To learn more about Spark of Brilliance, call:

**1-844-264-2993 x 2355**

You can also visit the Self Help & Peer Support website:

[www.cmhawwselfhelp.ca](http://www.cmhawwselfhelp.ca)

Or reach out to Self Help & Peer Support's administrative office:

67 King St. E.  
Kitchener ON N2G 2K4  
P: (519) 570 4595  
TF: 1 (844) 264 2993

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Canadian Mental Health Association  
Waterloo Wellington

Association canadienne pour la santé mentale  
Waterloo Wellington