



2022 Course Application Form

Thank you for expressing interest in being part of the Kintsugi Hope Wellbeing Group at St Stephen's Church, in Harlow.

The course begins on Thursday 13th January at 7:30pm and runs for 12 consecutive weeks.

The Kintsugi Hope Course is NOT

- Therapy and counselling
- Focusing on poor mental wellbeing
- Just for people with poor mental health
- Depressing and deep
- Not to fix
- Not to judge
- Not a power opportunity for a leader

What a Kintsugi Hope Group IS

- A Safe space
- Non judgemental
- Welcoming
- Hopeful
- Signposting
- For people of all faiths, and no faith who is interested in supporting their mental and emotional wellbeing
- Tools for self-management and healthy wellbeing
- Facilitated Peer Mentoring

If this course, and this group, sound like what you are looking for, please complete the details below and email them to ianbex@hotmail.com

Name

Email address

Contact phone number

Which church (if applicable) do you attend or associate with?

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We hope to confirm places on the course by mid-December.

We also hope to run Kintsugi Hope courses in May and September 2022.