



Facing the challenges on our journey



We all have cracks.
Whichever type of pot we are,
small or big, old or new,
we all have cracks.
Some of us may have small
cracks which are
imperceptible...





While others may be more visible.
And yet, these cracks
are part of our story,
part of our recovery journey.
We are all pots of value worth
being displayed.

Sometimes we
may feel
surrounded by
pots without
cracks.

And yet, if you
look close enough,
they may have
cracks too!





Sometimes
other pots may
make us feel our
value is less than
theirs.



Sometimes we may feel surrounded by very similar pots...

And other
times by
very
different
ones!



Sometimes we won't
be able to repair some
of our broken pieces
and put them
back together.
And that's okay too!





The same happens with
mosaics.
Some may be perfectly
assembled and have all
their pieces in place.

Some may have missing parts
and these won't be filled in.





While others will fill them in
in new ways!
And that's okay too!



Try exploring these ideas through art making

