

## 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!



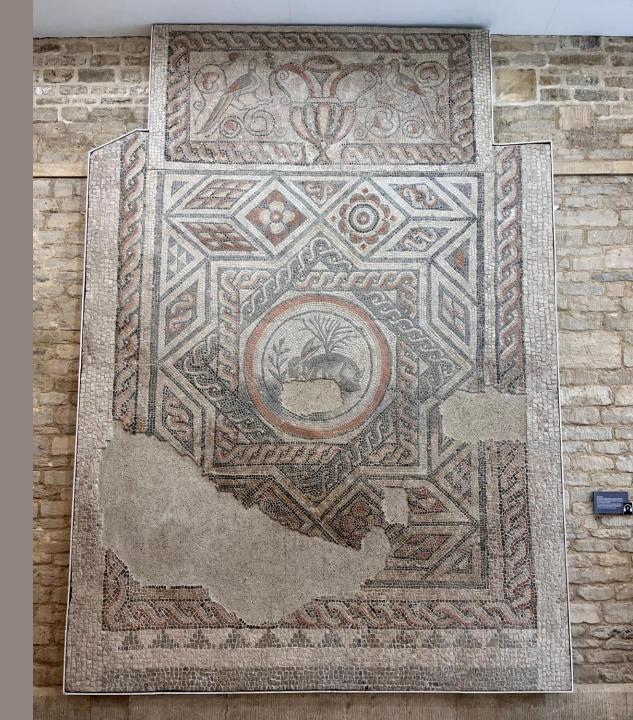
Sometimes we won't be able to repair some of our broken pieces and put them back together. And that's okay too!





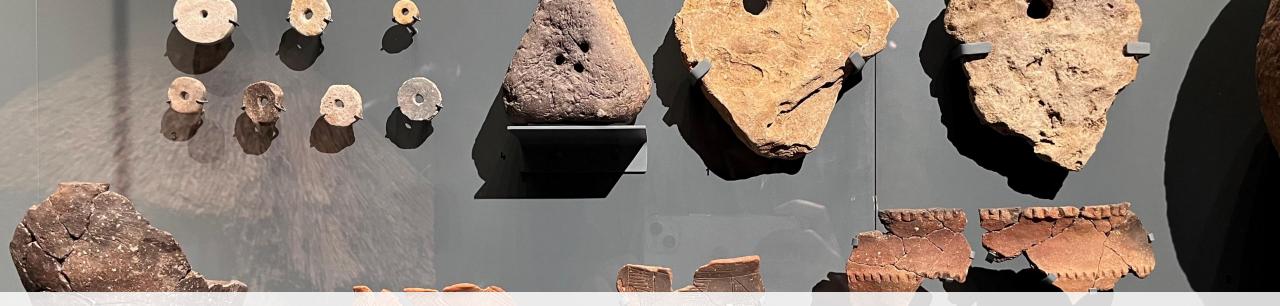
The same happens with mosaics. Some may be perfectly assembled and have all their pieces in place.

# 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

