Recovery Café Chat box 30/9/2021

hello everyone, my apologies, connection problems now, may be the rain fall?

My connection is down

For me, Connect and Connection go beyond person to person interactions as often those connections that we make with our things in our environment/society etc. can improve our interactions with others around us (both in person and in other forms)

i am here, i can hear everyone, i am multi tasking in the office today, 😊

I love this quote - Brene Brown "Connection is the energy that is created between people when they feel seen, heard and valued - when they can give and receive without judgement"

I think that it’s important to connect with yourself also. Intuition, gut feelings etc.

Connection has to be honest on both sides.

really empowering video !

Can we have the link to that sent in an email please. Thanks

Yes will do

Thank you.

that will be wonderful to have a shared outdoor garden space

I am sorry but I need to go. See you all next time

That's amazing!

Rock music community I’m building connections with people who also have MH issues, so we meet up before a gig, hold each other’s hands and then enjoy when the music starts etc.

yes i do

love that idea Jayne - supporting each other

It is good. Thanks.

Next term, Singing For Wellbeing will hopefully return at the college 😊

That’s good. I’d do it again.

i must leave now, it has been lovely to see you all again, thank you and hopefully see you next time 😊

got to go. thank u soo much goodbye

Thank you all for being here