

# SPARC4YOUTH WORKSHOPS



## MONDAY 8-9PM

**Therapeutic Workshop** via Zoom with our SPARC therapists. The subject of these workshops will be discussed with the youth group and will be decided according to their needs.



3:30-4:30PM

## TUESDAY

**Cooking & Baking** in the SPARC café - anything from muffins to homemade pizzas - with takeaway boxes so that you can take your marvelous creations home with you! Vegetarian and vegan options will be available, subject to demand. On alternative Tuesdays, there will be **Games & Social Time** to have chats; play board games; use our darts board and ping-pong table; and get to know each other better with ice-breakers.



## FRIDAY 2-3PM

**Zoom Workshop** that will consist of **games, ice-breakers, photography workshops** supported by SazMedia, **creative writing** activities and **art** activities. You can find the format of each session on the SPARC website under Projects > SPARC4Youth.



12:30-2:30PM

## SUNDAY

**Art Workshop** at SPARC, where you'll have access to a range of fantastic arts & crafts supplies and will be able to try out new techniques.



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