

## EMPOWERING PEOPLE TO THINK DIFFERENT...

# THE BUCKET OF WATER SERIES



### The Bucket of Water

Series isn't just a set of activities — it's a pathway. A way for people to feel, name, and transform what they carry. For those living with addiction or mental health challenges, it offers something rare: a space where emotions are held with care, stories are honored, and healing is felt in the hands, not just the head.

#### A Way to Hold the Hard Stuff

Instead of pushing pain away, participants are invited to hold it — literally.

**The Weight Bucket** helps people feel the emotional load they've been carrying and imagine what it might mean to set it down. This physical metaphor makes invisible burdens visible and opens the door to release.

#### A Way to Sit with Uncertainty

**The Murky Bucket** teaches patience. It shows that clarity doesn't come from force, but from stillness. For people used to chaos or urgency, watching sand settle in water becomes a quiet lesson in trust — that answers will come, and they don't have to come alone.

#### A Way to Feel Joy Again

**The Bubble Bucket** brings play back into the healing process. For those who've forgotten how to laugh, how to feel light, this session offers a gentle reminder: joy is not a luxury — it's medicine. Blowing bubbles, making prints, and sharing laughter reconnects people with their capacity for delight.

#### A Way to Heal Together

This series is for anyone who's ever felt too heavy, too lost, too alone. It's for those in recovery, in transition, in search of something steady. It's

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