

## Creative Support Group Info

### What is it?

*A fun, weird art class meets a connected support group for ANYONE (whether you're an artist or can barely draw a smiley face)!*

### What's the format?

While each session will vary depending on the group's needs, the general format is as follows:

1. **Warm up exercise**, like free drawing or writing from a prompt.
2. **Personal check-ins**. Where are you at creatively, emotionally, and physically?
3. **Show and tell**. Share a song, object, or piece of art that you connect with.
4. **Creative exercise**, like drawing a picture and telling the group about it.
5. **Deep dive**. Offer or receive support with anything you want to share.
6. **Check-outs**. What are you taking away from the session?

#### What past group members have to say:

"Kye [is] an exceptional facilitator who has made a tremendous impact on my personal growth and well-being. Kye's kindness and compassion are truly special, and their dedication to creating a safe and supportive environment is what makes the group work so well."

—Martin

Kye is caring, gentle, patient, and intuitive, and they are an excellent facilitator of our group meetings. I trust Kye and I trust the rest of our group...I feel I can show up how I am on a given day and I'll be welcomed and will leave feeling connected... I'm so, so grateful I took the risk to do something...new!

—Megan

"Joining this group has taught me so much about being a human."

—Aly

"Being a part of this community is genuinely one of the best things I have ever chosen to do for myself...If even the smallest desire to be in community and connection arises, I encourage you to lean in and trust yourself. Also Kye is the greatest most magical facilitator in the universe ever!!!!"

—Janet

To listen to a podcast recording with past group members, [CLICK HERE](#).

### Who's welcome?

ANYONE is welcome to join the group. *You do not have to consider yourself an artist or creative to join.* Each group contains 5-7 members and is facilitated by Kye Plant.

## When?

The group meets every 2 weeks for 6 months (14 sessions total) beginning February, 2025 (ending July, 2025). Each session runs for 2.5 hours. Day and time are TBD.

## Where?

We'll meet on Zoom.

## What does it cost?

Cost is offered on a sliding scale:

Your household annual earnings (\$CAD)	Amount per session (\$CAD)
Less than \$30,000 / year (\$CAD)	\$30
\$30-50,000 / year (\$CAD)	\$40
Above \$50,000 / year (\$CAD)	\$50

\*Monthly payments are sent through [PayPal](#).

## How do you join?

Fill out [this form!](#)

## FAQs & Additional Info

[Click here](#) for additional information!

## Links

Email — — — [feelinweird@gmail.com](mailto:feelinweird@gmail.com)

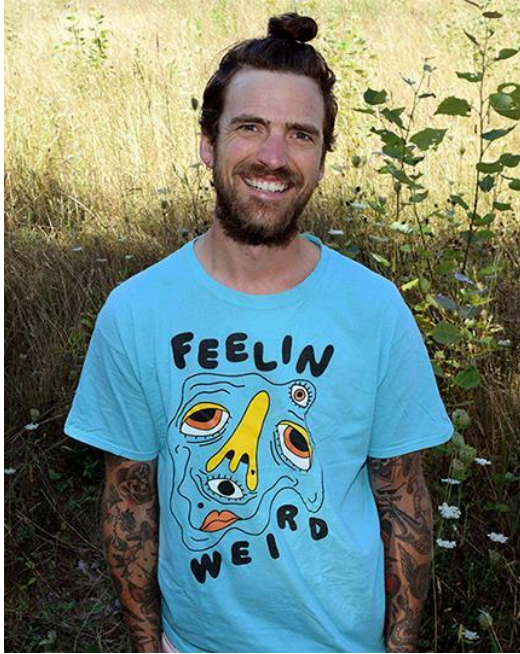
Podcast — — — [feelinweird.libsyn.com](https://feelinweird.libsyn.com)

PayPal — — — [paypal.me/feelinweird](https://paypal.me/feelinweird)

Instagram — — — [@feelinweirdpod](https://www.instagram.com/feelinweirdpod)

Linktree — — — [linktr.ee/feelinweirdpod](https://linktr.ee/feelinweirdpod)

## About me



I'm Kye Plant, a multi-disciplinary artist, facilitator, and former podcaster. I believe that humans, at their core, want to belong and authentically express themselves.

My mission is to provide REAL, enlivening, compassionate, and intuitive spaces that facilitate this inner authentic creativity and connection with self and others. As a facilitator, my goal is to empower others to bring their magic to the group and to speak their truths.

From 2016-2023, I made Feelin Weird (the podcast) with the goal of sharing intimate conversations and humanizing the experience of being alive. I've facilitated support groups since 2016 and I've offered one-on-one sessions to support individuals' growth and emotional processing since 2021.