



Case Study: Alina's (name changed) experience with ICOS Wellbeing and Creative Sessions

Alina, a woman from Poland, has been regularly attending the wellbeing sessions organised by ICOS. She describes these sessions as a vital source of support, joy, and inspiration in her daily life. For Alina, the small group setting is especially meaningful. She appreciates the intimate, women environment where everyone feels open to talk, share their challenges, and support one another.

She highlights the trust within the group, which allows honest conversations and creates a safe space for connection. The sessions are varied, including yoga, meditation, movement, painting, dancing etc. This diversity keeps them engaging and helps participants explore different ways of expressing themselves and improving their wellbeing. Alina particularly values the energy and atmosphere that the group leader, Sabina, brings. She describes Sabina as a creative, calm, and passionate person who genuinely wants to help others. Each session leaves Alina feeling "like her batteries have been fully charged." She comes away relaxed, energised, and full of new ideas. The experience offers her a break from everyday stress, a moment of escape which she finds incredibly refreshing.

Alina is very thankful to ICOS for creating these sessions, which she feels have made a real difference in her wellbeing. She is happy and supported and she is looking forward to many more sessions with this wonderful community of people.

