



FAQs - Soft Pastels Creative Workshop

Q What is the purpose of this creative workshop?

Losing someone to suicide can feel extremely isolating. This workshop offers a practical, hands-on space to connect with others bereaved by suicide with no expectation to talk about your experience or share anything personal. The focus is on the creative process, learning new skills and creating something of your own.

The workshop is led by soft pastel artist Emma Phillips, with support from HUGG Volunteers who have a lived experience of suicide loss.

Q What skills will I learn and what tools will I use?

You'll be provided with all you need, and introduced to working with soft pastel, including blending, layering and creating texture. Soft pastel artist, Emma Phillips, will demonstrate how to get started, and how to embrace the rhythm of the medium, offering guidance throughout the workshop.

Q What are the benefits to workshop participants?

Working with soft pastels can provide inspiration and a uniquely tactile and immersive creative experience engaging the body and mind. The focus required can help steady the mind and bring you back into the present moment. Importantly, you'll be surrounded by others who have also been bereaved by suicide — something many find grounding and reassuring. This shared understanding can help reduce feelings of isolation, shame, self-stigma, and guilt.

Q Will I make anything to take home?

Yes! You will be provided with enough time to create a piece to take home, and a complimentary frame for your artwork.

Q Do I need any previous experience with drawing or pastels to participate?

No, none at all. Everything will be explained and demonstrated step-by-step.

Q How many people will attend the workshop?

Spaces are limited and allocated on a 'first come, first served' basis.

Q Do I have to be bereaved by suicide to participate in the workshop?

Yes. We ask all those who register to attend are bereaved by suicide.

Q How can I register to attend the workshop?

Simply complete the registration link: [Soft Pastel Workshop - Registration Form](#)

or call us on 01 513 4048 and register over the phone.

Q What happens once I register for this workshop?

A member of the HUGG team will contact you by email or phone to confirm your spot. If the workshop is full, you'll be added to a waiting list.

Q Can I bring a friend/family member with me?

Yes, if they have registered and secured a spot. Anyone bereaved by suicide is welcome to register.

Q Can children attend?

This workshop is for adults aged 18 and over.

Q What time should I arrive for the workshop?

Please arrive **15 minutes before** the workshop starts. This gives you time to settle in and check out the materials available.

Q What should I wear?

Something comfortable, as this is a hands-on workshop.

Q Who are HUGG?

HUGG supports adults bereaved by suicide in Ireland. We provide information, practical and emotional support through a range of services and activities.

Support Groups | Walks | Pop-up Cafés | Workshops | Webinars | Events

Call: Suicide Bereavement Helpline (01) 513 4048

Email: support@HUGG.ie

Visit www.HUGG.ie

✉ If you have any further questions about this workshop, please email info@HUGG.ie