

# Make Your Mark Film about Visual Arts Practice for Resilience

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## Visual Arts Practice for Resilience: A guide for working with young people with complex needs

Created by: Rough Sea Films

This documentary about the project includes footage from the 10 weekly resilience-building arts workshops that ran as part of the Visual Arts Practice for Resilience project. In addition the film includes the end of project exhibition showcasing the young people's art work, and interviews and artists statements from the young people experiencing mental health complexities and /or learning difficulties who participated in the workshops.

MAKE YOUR MARK from roughseafilms on Vimeo.