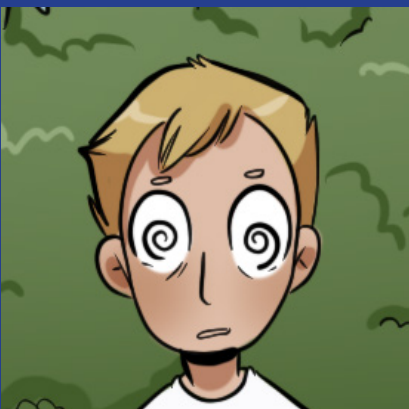
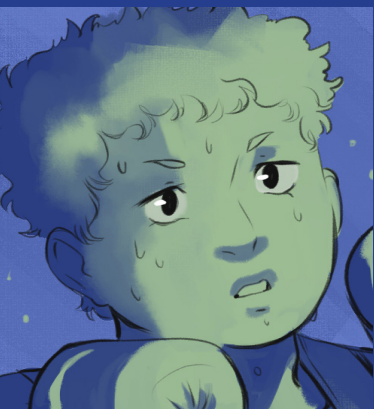
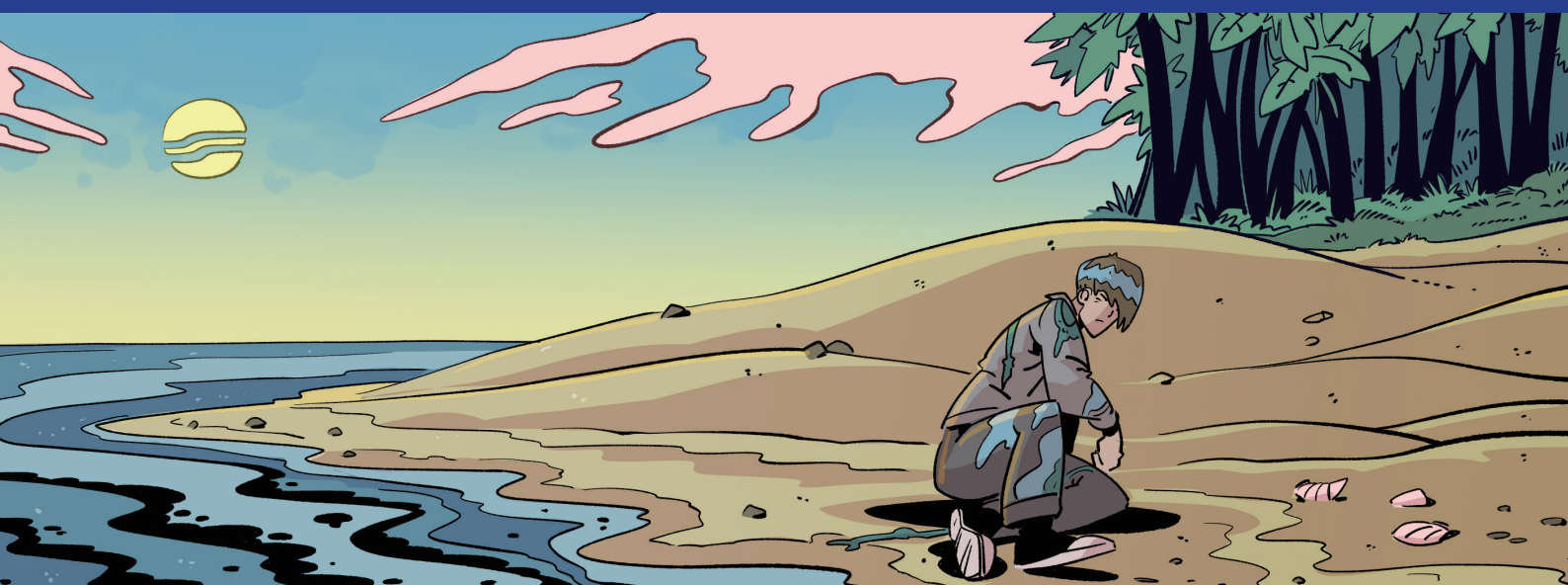


MIND MOSAIC

CHILD AND FAMILY THERAPIES



COMIC CLUB





STORIES CREATED AT MIND MOSAIC CHILD AND FAMILY THERAPIES - SUMMER 2021

**THANKS TO STEPHEN CRAWFORD AND ADELLE
HOPKINS AT MIND MOSAIC CHILD AND FAMILY
THERAPIES FOR ALL THEIR SUPPORT.**

**OUR 'OUTSIDE THE BOX - COMMUNITY COMICS'
PROJECT IS SUPPORTED BY NATIONAL LOTTERY
COMMUNITY FUND.**

**WRITTEN BY
C.W.M. / R.C. / M.M. / C.M. / L.L.**

ARTWORK BY

PAGES 3 & 4 - CATRIONA LAIRD

PAGES 5 & 7 - STEVEN INGRAM

PAGE 6 - KATHERINE HEMMINGS

**PAGE 8 - NORRIE MILLAR
WRITTEN BY GROUP**

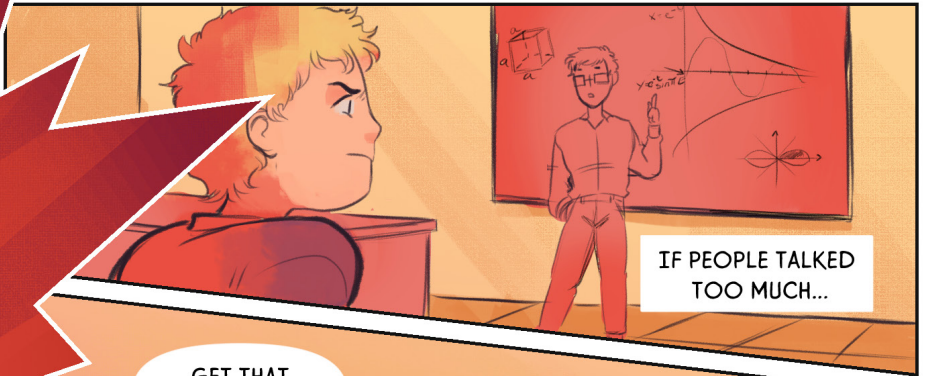
**OUTSIDE
THE BOX**

youngstart

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WHEN I STARTED
HIGH SCHOOL, I WAS
GETTING ANGRY AT
EVERYTHING.



IF PEOPLE TALKED
TOO MUCH...

GET THAT
ROOM TIDIED!

...RAISED THEIR VOICE...

...IF I GOT TOO HOT...

I WOULD WALK
OUT OF THE HOUSE
AND THEN END UP
GROUNDED.

SLAM!

LATER I WOULD
REALISE AND
APOLOGISE

NOW I
HAVE RULES.

RULES

1. Tidy Room
2. Don't answer back.

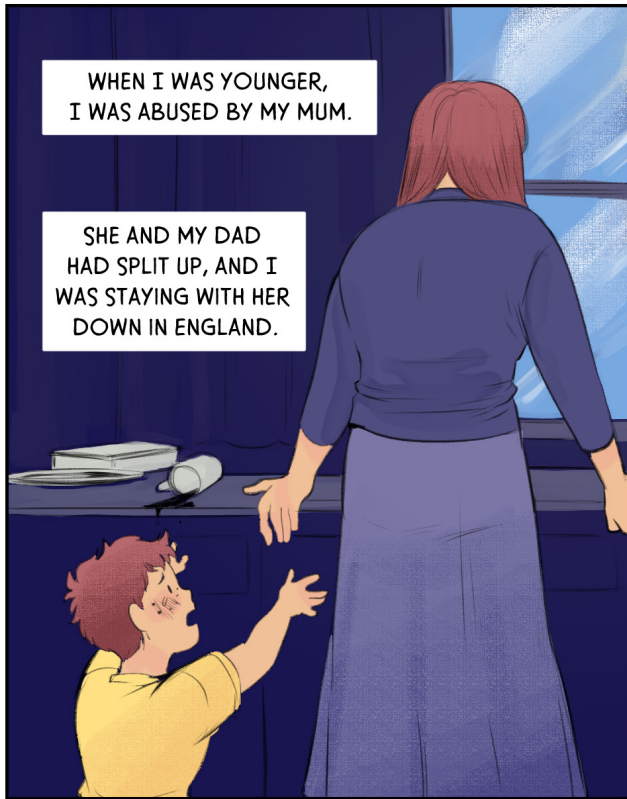
WE HAVE
RULES.

I TRY TO
CONTROL THAT
ANGER.

BOXING HELPS.
SO DOES SITTING IN MY
ROOM LISTENING TO
MUSIC.

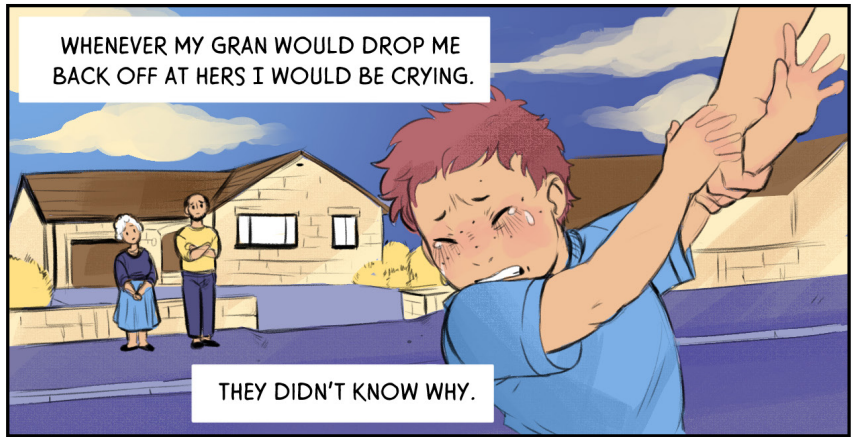
AND EVERY WEEK,
IF EVERYTHING IS FINE,
WE GO OUT FOR
DINNER AS A FAMILY.





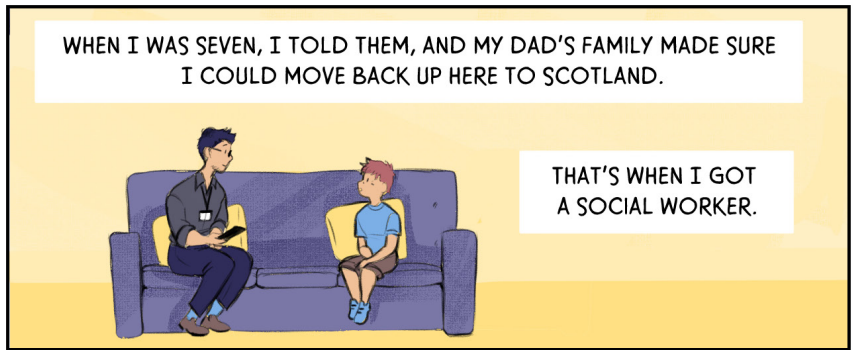
WHEN I WAS YOUNGER,
I WAS ABUSED BY MY MUM.

SHE AND MY DAD
HAD SPLIT UP, AND I
WAS STAYING WITH HER
DOWN IN ENGLAND.



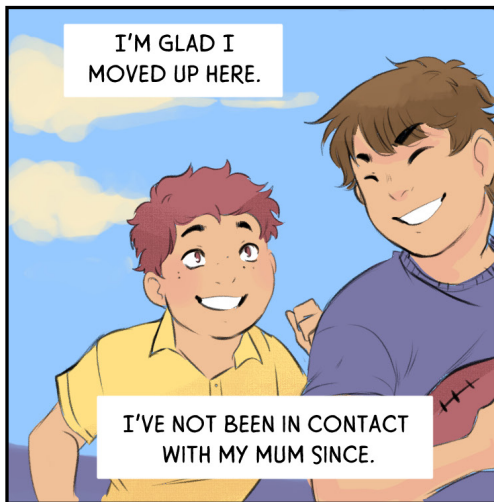
WHENEVER MY GRAN WOULD DROP ME
BACK OFF AT HERS I WOULD BE CRYING.

THEY DIDN'T KNOW WHY.



WHEN I WAS SEVEN, I TOLD THEM, AND MY DAD'S FAMILY MADE SURE
I COULD MOVE BACK UP HERE TO SCOTLAND.

THAT'S WHEN I GOT
A SOCIAL WORKER.



I'M GLAD I
MOVED UP HERE.

I'VE NOT BEEN IN CONTACT
WITH MY MUM SINCE.



AND I'VE STARTED TO TALK MORE
ABOUT EVERYTHING THAT HAPPENED
AND TO UNDERSTAND HOW IT
MAKES ME FEEL.

I HAVE TRUST ISSUES. I'M VERY
PICKY WITH FRIENDS. I DON'T
TELL EVERYONE MY STORY.



I DON'T WANT TO END UP WITH THE WRONG
SORTS OF PEOPLE OR IN A BAD CROWD.



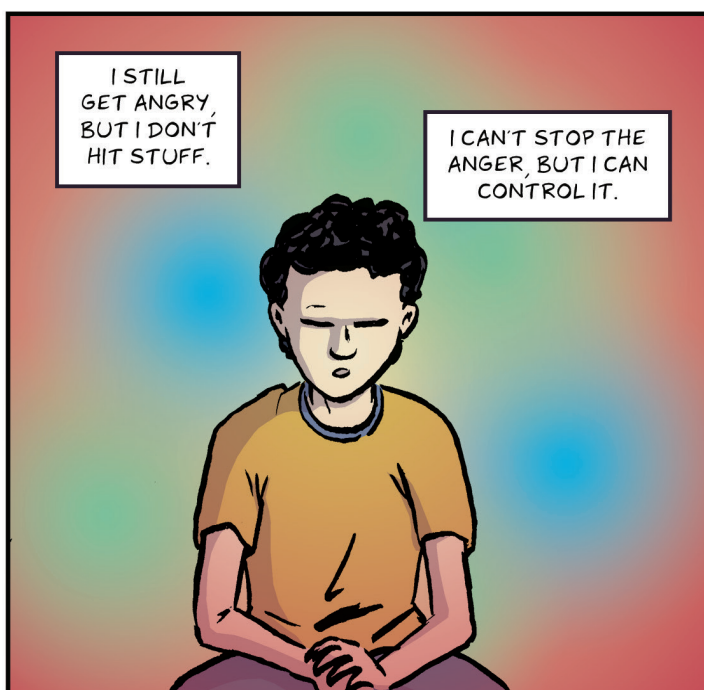
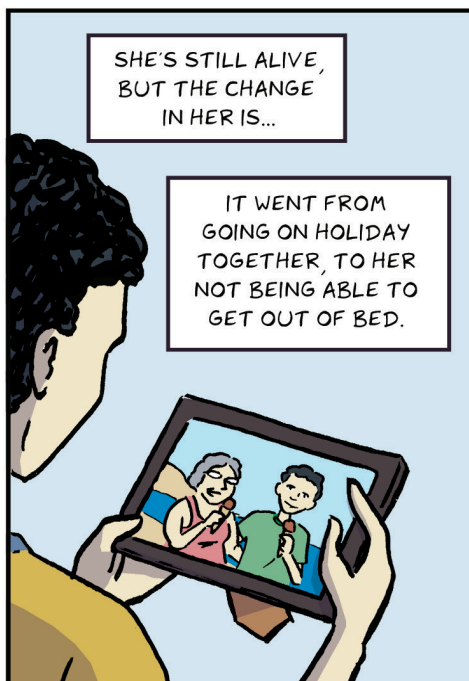
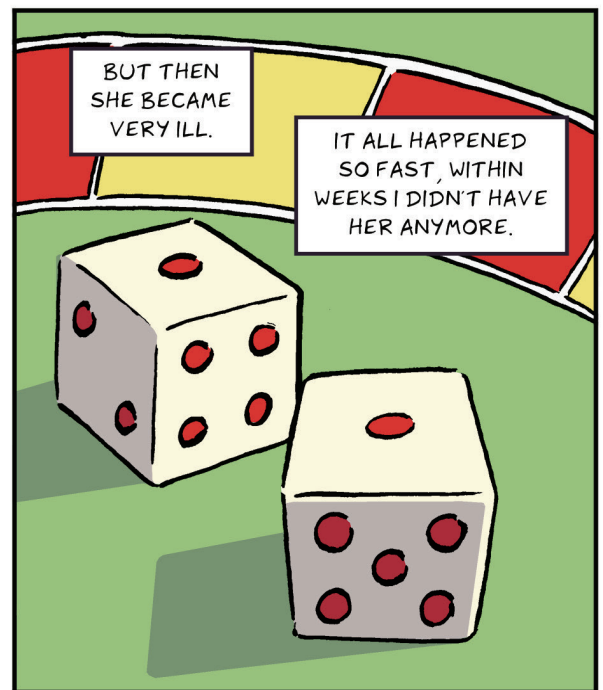
WHEN I CAN'T
PROCESS HOW
I'M FEELING --
I BUILD THINGS.

IT HELPS ME
TO SORT MY
STRESS AND
ANXIETY.



I'M GOOD AT PUTTING
THINGS TOGETHER AND
MAKING THEM WORK.

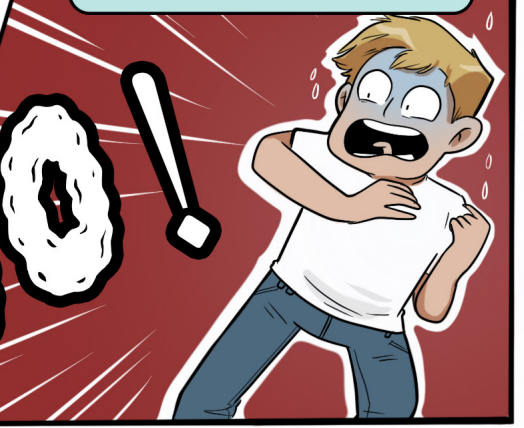
SO NOW I'M INTERESTED IN
BECOMING A MECHANIC,
OR MAYBE A MECHANICAL
ENGINEER IN THE ARMY.



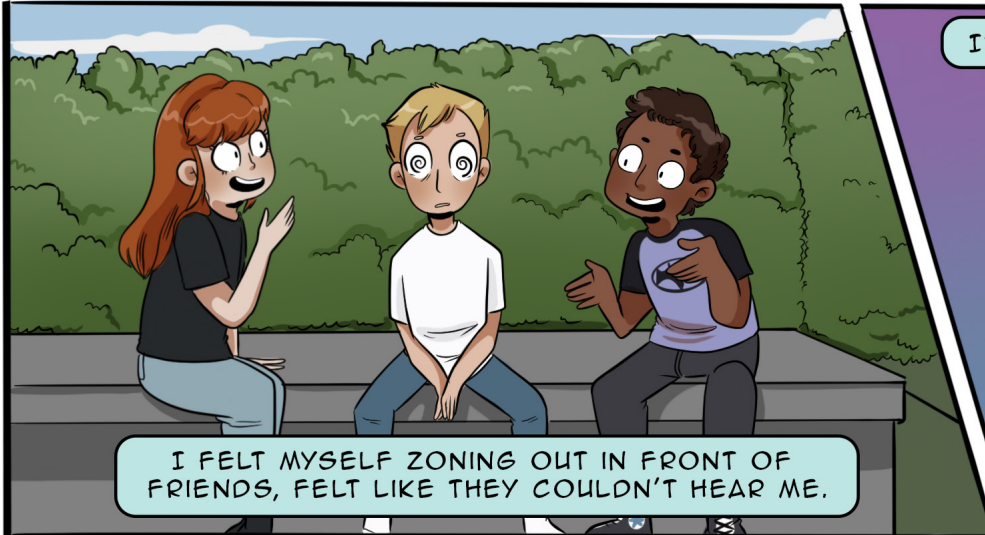
I HAD THIS THING WHERE MY MIND WAS PLAYING TRICKS ON ME.



I KEPT SEEING THINGS, LIKE JUMP SCARES.



I FELT MYSELF ZONING OUT IN FRONT OF FRIENDS, FELT LIKE THEY COULDN'T HEAR ME.



I'VE BEEN TALKING ABOUT HOW IT FEELS.

FEELS WEIRD.

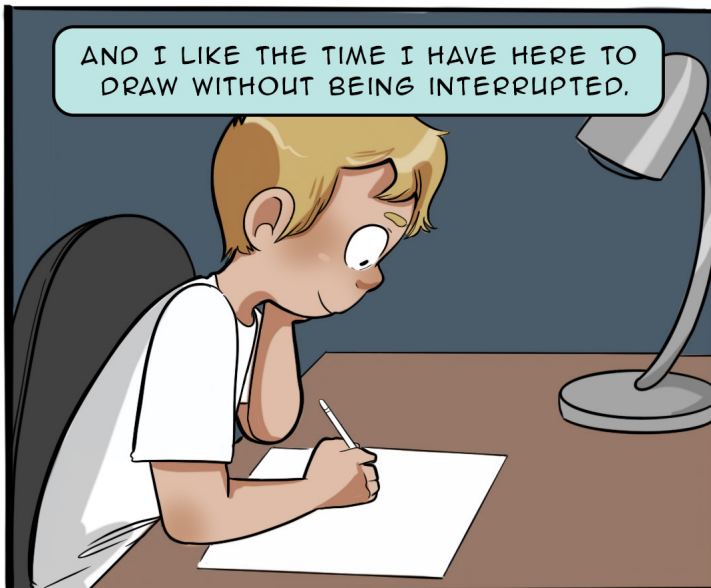


MOSTLY, IT'S GOOD TO KNOW THERE'S PEOPLE WHO FEEL LIKE I DO.

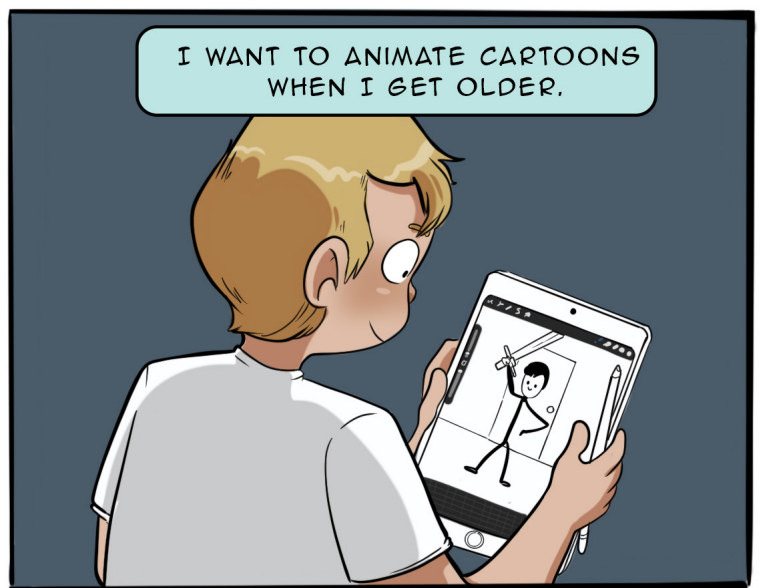


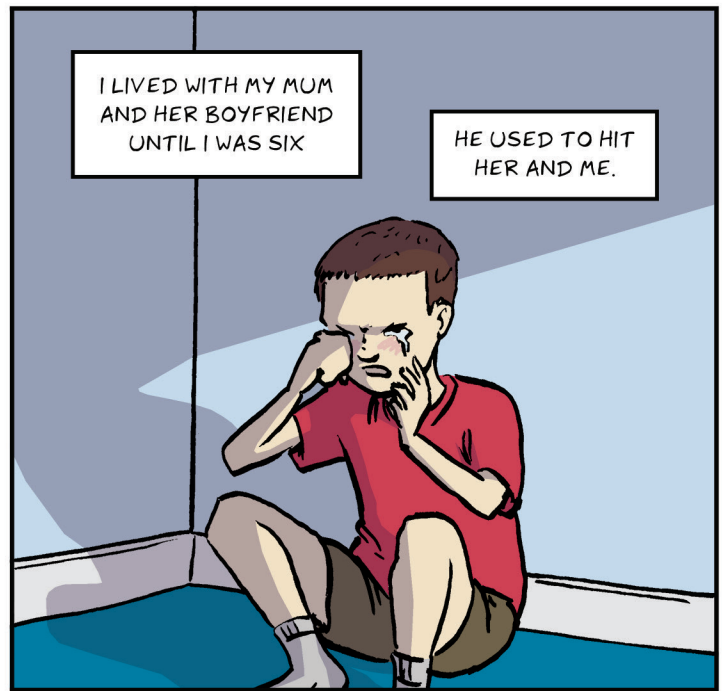
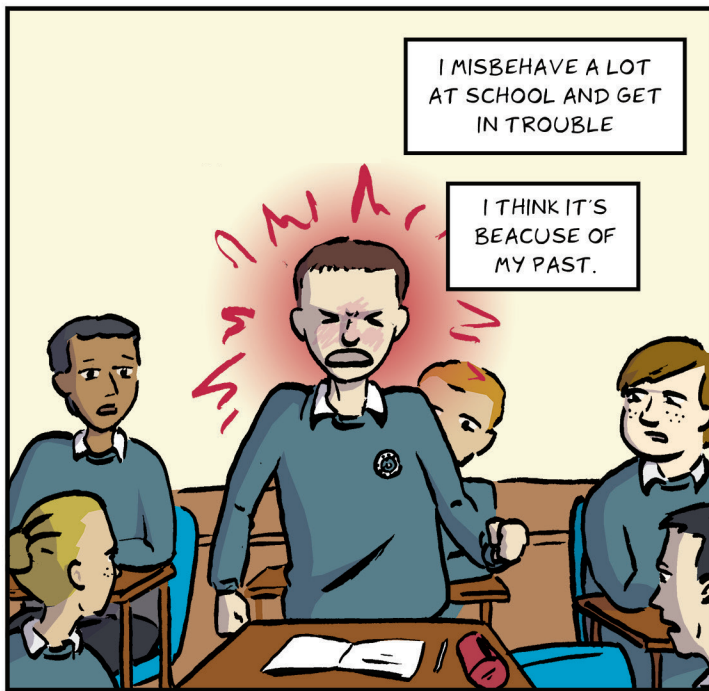
OR THINK LIKE I DO.

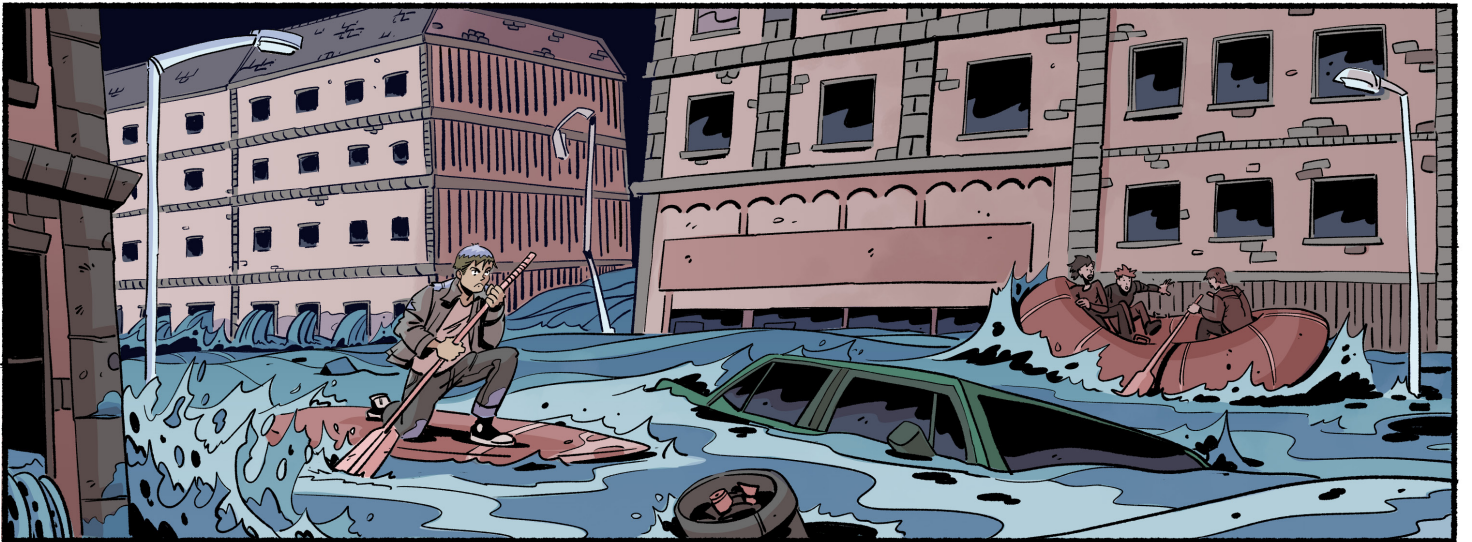
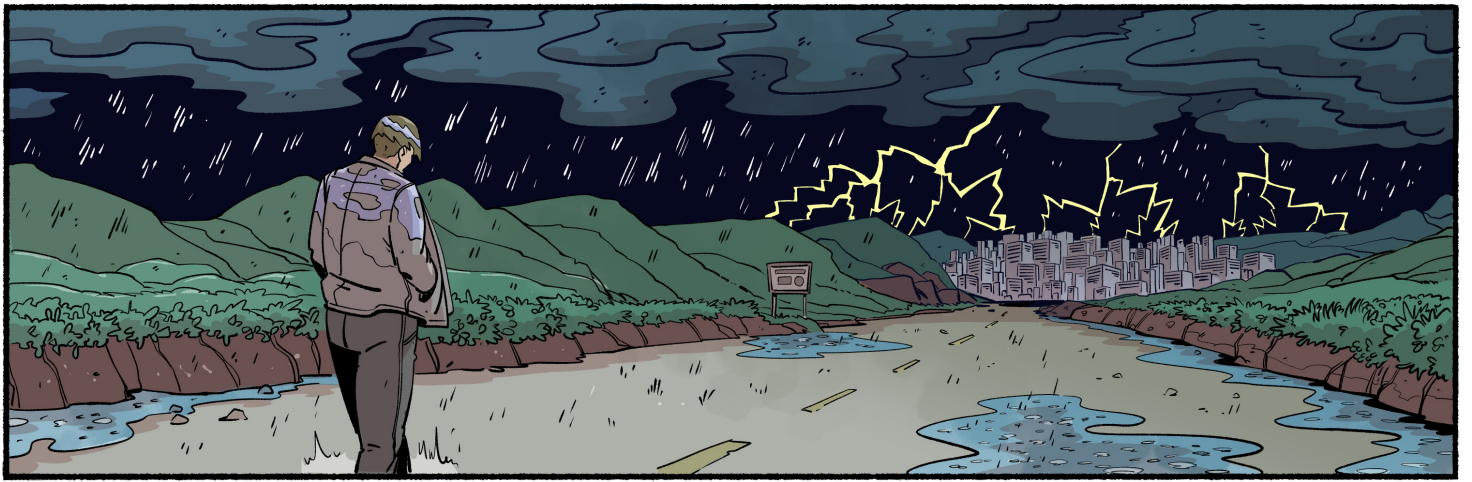
AND I LIKE THE TIME I HAVE HERE TO DRAW WITHOUT BEING INTERRUPTED.

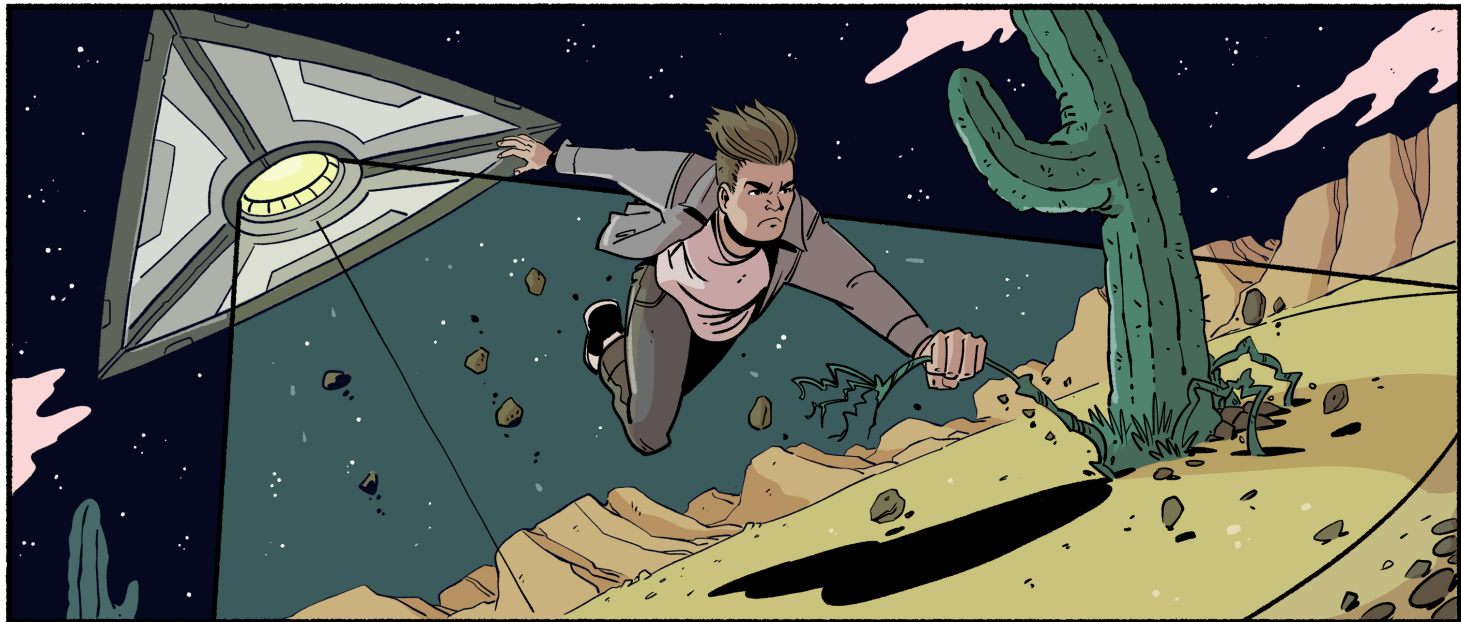


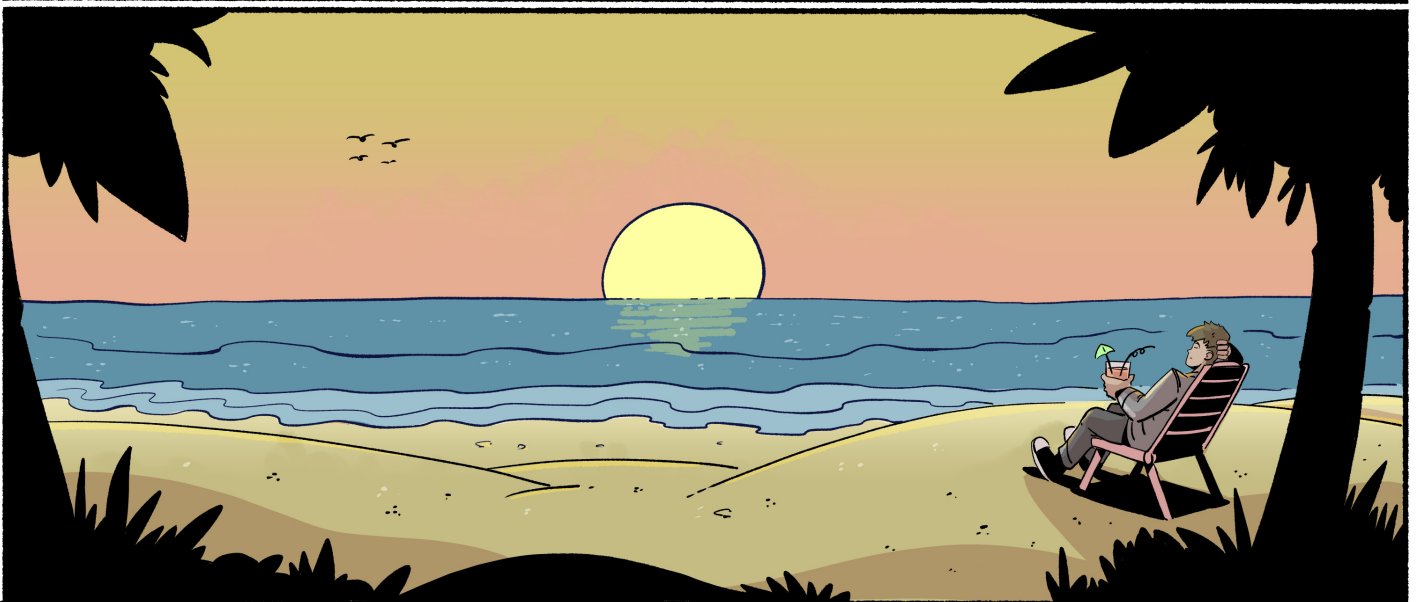
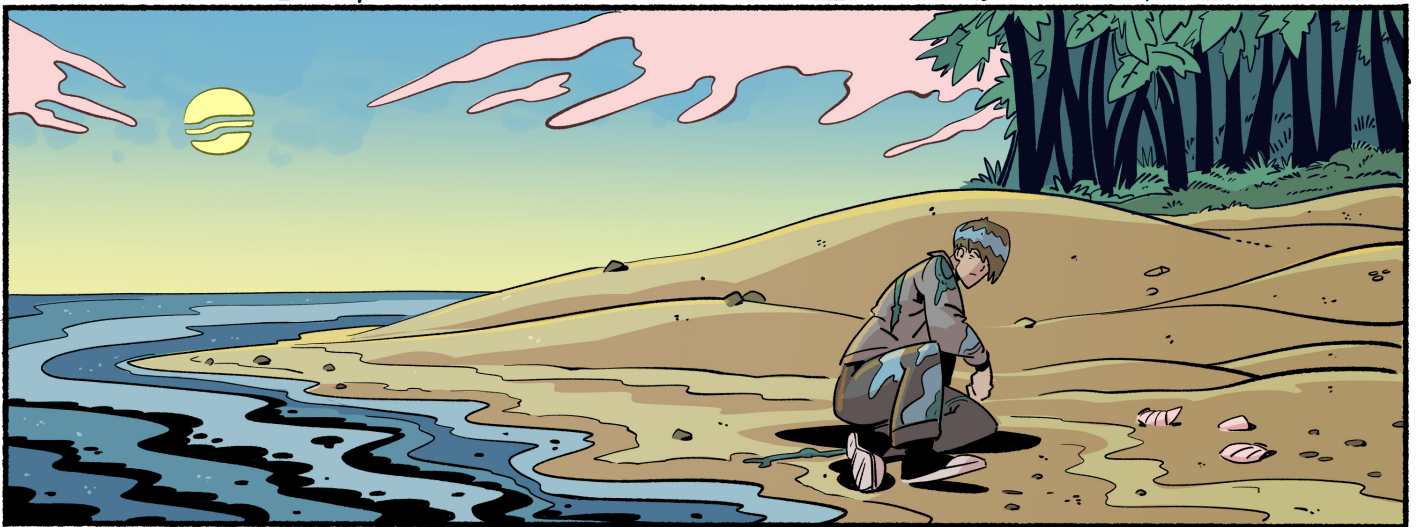
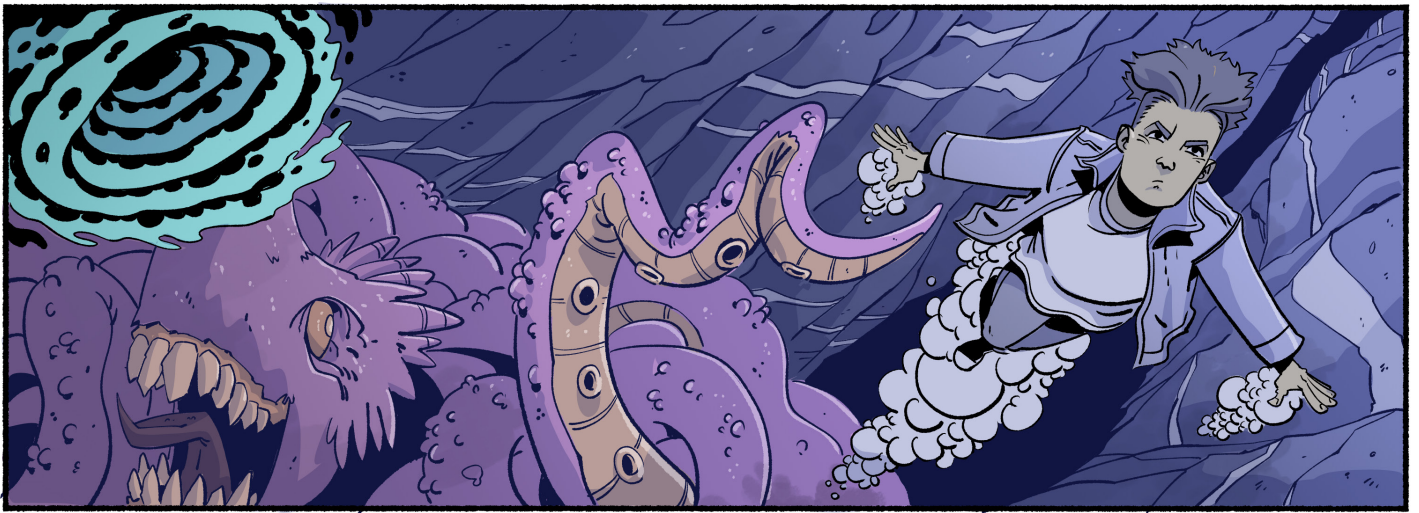
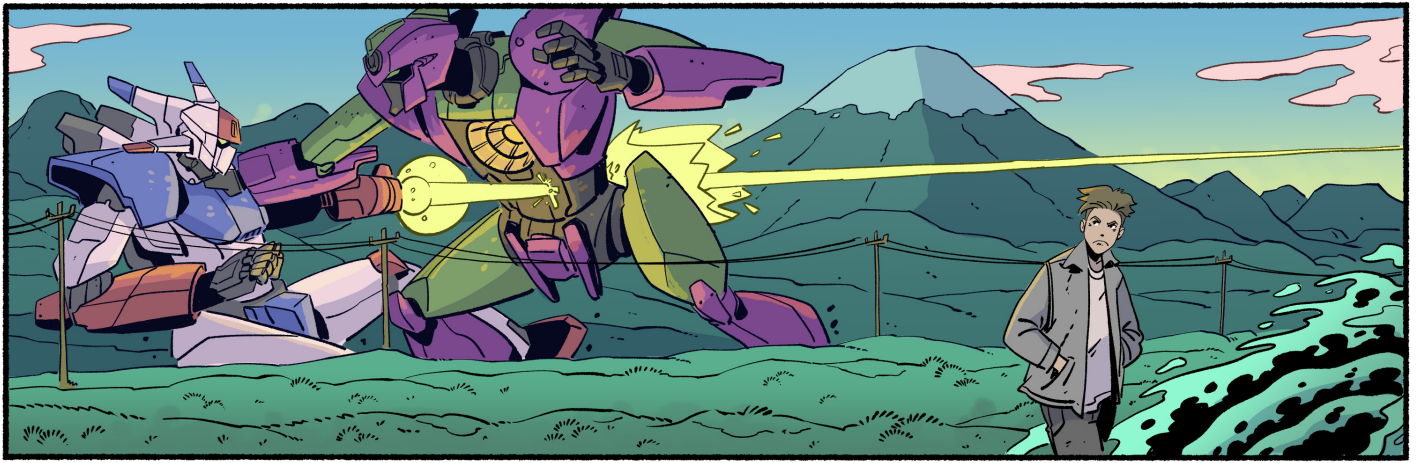
I WANT TO ANIMATE CARTOONS WHEN I GET OLDER.

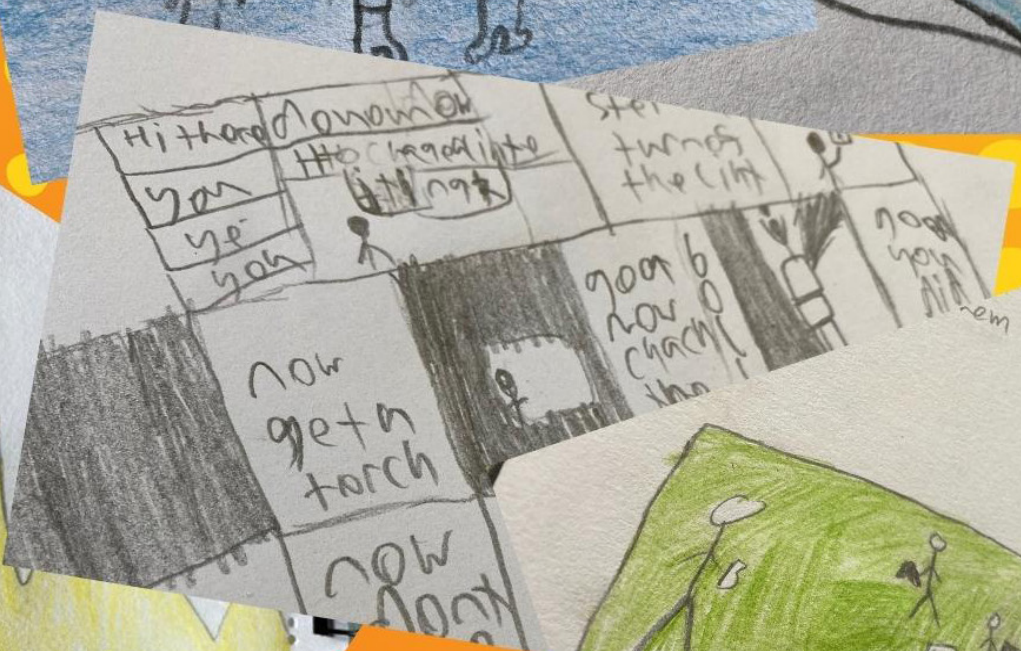
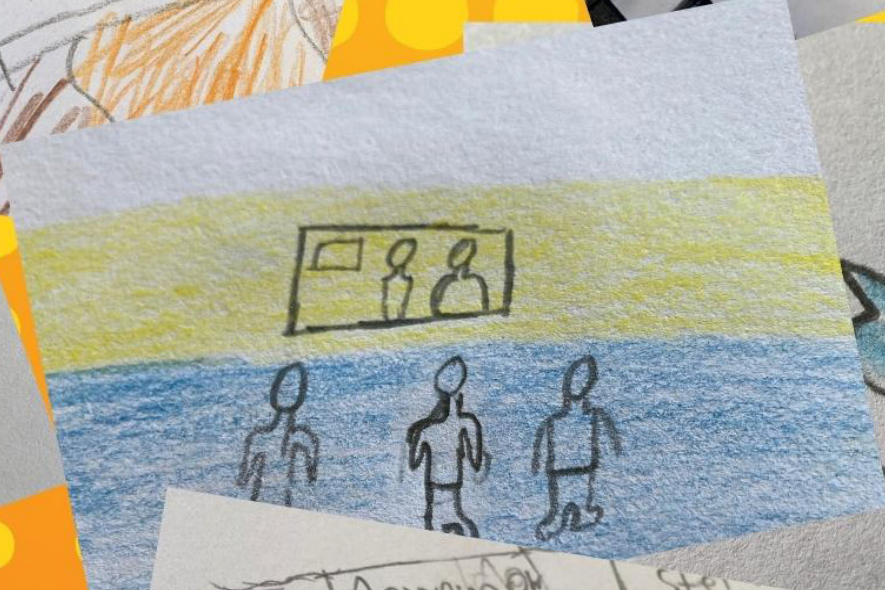
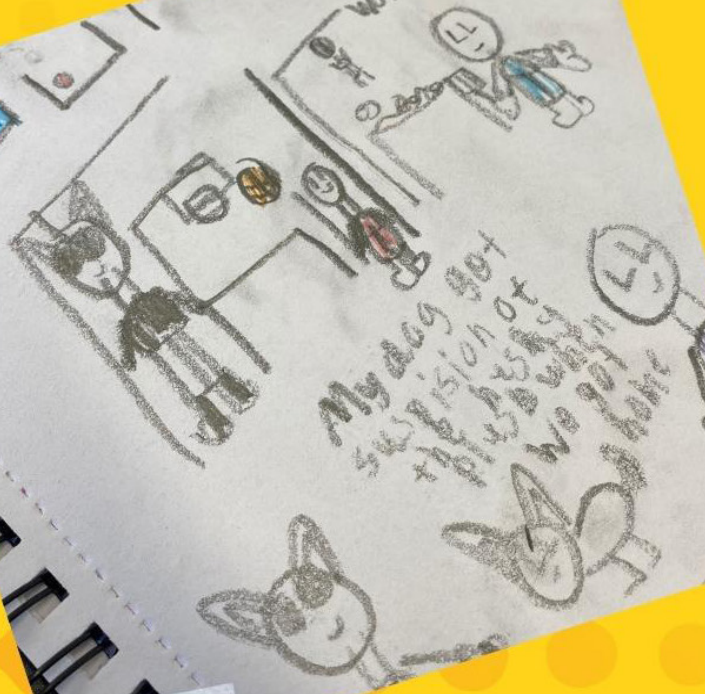












my friend
saw the
3rd in the
all with a





Child and Family Therapies
Charity No. SC049103



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DISCOVER INSPIRING STORIES FROM YOUNG PEOPLE WHO ATTENDED OUR COMIC CLUB WITH MIND MOSAIC CHILD AND FAMILY THERAPIES IN SUMMER 2021, FROM PERSONAL REFLECTIONS TO A STORY THE GROUP CREATED TOGETHER ABOUT FINDING THE QUIET SPACE IN CHALLENGING TIMES...

**OUTSIDE
THE BOX**

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