




Writing Yourself *Well*

A six-week creative writing-for-wellbeing course

NEW to North Shields - WEDNESDAYS 1.00-2.30pm

February 5, 12 19, 26 March 5 & 12 2025



Poetry, stories & non-fiction - focussing on writing for **relaxation, fun and wellbeing**. Gentle, structured exercises to help you **put things into words**. Silent **space to write** . An opportunity to **share work** (if you choose to) in a **small, supportive group** . Facilitated by writer, therapist and experienced writing -for- health practitioner **Sue Mayfield**.



£75 (or **£65 EARLY BIRD** price if booked by **31/12/24**)

For more information and to **BOOK** email mail@findingwords.co.uk

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