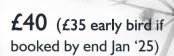
Writing Yourself Well ONLINE

Sat 22 FEB '25 10am-1pm



Price includes postage of a packet of materials

Half Day Creative Writing workshop

A morning of playful writing focussed on relaxation, fun and wellbeing. Gentle, structured exercises to help you put things into words.

Silent **space to write** and an opportunity to share what you've written (if you'd like to) in a small, supportive group.

Facilitated by writer, therapist and experienced writing -for-health practitioner Sue Mayfield.

For more info and to book mail@suemayfield.co.uk