

Writing Yourself Well

Half Day *Creative*

Sat 22 FEB '25

ONLINE

Writing workshop

10am-1pm

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**.

£40 (£35 early bird if booked by end Jan '25)

Price includes postage of a packet of materials

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