

Writing for Wellbeing

workshops

6.00 - 7.30 pm

Monday

28th January

25th February

25th March

29th April

20th May

Library

Drop-in Zone

Find out how to use
creative writing and
journaling practices
to increase your
wellbeing

"I write to
discover what
I know"

Flannery O'Connor

"Journal
writing is a
voyage to the
interior"

Christina Baldwin

Each workshop stands
alone; attend any one or all
of them. A supportive space is
provided. No writing experience needed.
Just turn up or email hmutch1@uclan.ac.uk for more info.

Uclan Counselling, Mental Health, and Wellbeing