



KEEP LEARNING

Creative Writing

Days:

This course will relaunch on Monday 6 November

Times: 12-1.30pm

Location: Online



Mind in Bexley's creative writing group meets every Monday from 12 to 1.30pm (starting on November 6th).

Would you like to experience gentle learning and give time to developing your writing skills? Maybe you sense you have a short story or poem you would like to write. Learning new skills can improve our mental wellbeing giving us a sense of purpose and helping us connect to others.

In this group, there is guided learning such as an inspiring thought or theme or discussion and a variety of activities to help us express ourselves. These may include reading a story, sharing a poem or playing word games.

This is an online group so, for our own writing, either have pen and paper or laptop at the ready.



mindinbexley.org.uk/recovery/

