

Wellbeing workshops and courses for adults (18+) who live, work or study in Leeds.

Writing for self-expression

4 online guided writing sessions

In this series of guided sessions, a collaboration between the Recovery College and Royal Literacy Fund, Zoë Howe, a music biographer, screenwriter and novelist will be leading a series of four online sessions which explore the topic of writing for self-expression.

Expressive writing pays more attention to thoughts and feelings rather than detailed descriptions of the events, objects, or people in the contents of a narrative. It doesn't matter whether or not you've written before, the exercises and conversation aim to promote discussion, and capture your thoughts. From a few lines of a story, a short list or a poem, each session is facilitated by the professional writer, who will read aloud a selection of published work (poetry and prose) and invite you to reflect, on if and how, those words have connected with you.



Starts, **Thursday 18th April, 10-12:30pm online**, via Zoom. Prior booking essential.

For further details please scan, or visit [Leedsrecoverycollege.com](https://www.leedsrecoverycollege.com)

To book please email: Leedsrecoverycollege.lypft@nhs.net
or call **0113 855 5172**.



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