

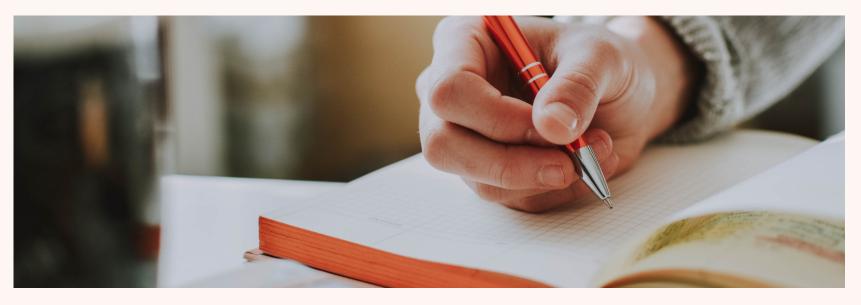
Wellbeing workshops and courses for adults (18+) who live, work or study in Leeds.

## 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

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



