

# Creative Writing: 3rd November - 10th November

Creative writing can help us process emotions, gain perspective and get into a 'creative flow' which calms the mind and lightens our mood.

Creativity in a supportive environment enables us to come together in challenging times and learn from each other.

We will look at:

- Expressing ourselves through creativity
- Sharing our histories and values through writing
- Connecting with others through literature
- Different creative writing forms

2 weekly sessions

Starts Wednesday 3rd November

Central library

12.00 - 13.30

Enrol with us, free to join



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