

Comments from past people:

*"I found this group very helpful and friendly. You don't have to be a good writer, so it's easy to express yourself knowing no-one will judge your writing ability.*

*I have made friends with some nice people in the group"*

*"It gave me a sense of belonging when life was difficult. It reassured me that I was not the only one suffering and struggling to come to terms with depression.*

*It allowed me to talk openly about my feelings and not feel judged or inadequate for not being able to cope.*

*I felt supported in looking forward to a new chapter in life"*

*Finding*  
*my*  
*own*  
**Words...**

*A place to help you explore and express important things.*



Mental Health Services



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**Finding words** to express ourselves is not always easy. In this group we use writing to initially explore life experience, our point of view and future wishes.

The group then encourages discussion of these issues and more with others on a similar journey. Discussion is probably 85% of the course.

Written words can express things from deep within us and we can explore things we didn't know we knew, felt or remembered.

**Do you need to be able to write well?**

Absolutely not. Nothing is marked or judged. It is not a writer's workshop where writing will be constructively criticised in order to improve writing styles, grammar or text. There are no rules. Whatever you write is right. You cannot write the wrong thing and it doesn't even have to be in proper English – a few words, lists or odd sentences are all fine.

**Objectives for the group are to:**

- have fun and stimulate the imagination
- help explore and express important things
- increase self esteem and confidence
- create an awareness of others and ourselves
- help remember memories and allow you to sort out thoughts and feelings.

**The following topics may be used:**

- Personal Experience
- Emotions and Moods
- Imagination
- Relationships
- Roles
- Strengths
- Looking ahead
- Problem solving
- Moving forward

**People who wish to join this course need to:**

- Have an ability to relate to others
- Be open to discussion
- Be committed to attending regularly
- Be able to read and write.

If you would be interested in joining **Finding my own words** please fill in the form below, tear it off and send it to the address on the front of the leaflet. Someone will contact you in due course.

Mr/Mrs/Miss/Ms(delete as applicable)

Name:

Address:

Post code:

Tel:

Date: