

The Writing Group II

Have you produced some poetry or writing but not had the confidence to share it with other people?

Has writing helped you feel better or helped you express things that are difficult to say?

Would you like the chance to share and talk about your writing in an informal and relaxed atmosphere?



Come along to this group, bring things you have written and discuss your own and other people's writings without the pressure of it being criticised

People might be nervous, but we hope to find ways to help us all feel safe and confident enough to join in e.g. people might ask someone else to read what they have written

Venue: Gateway Education and Arts Centre, Chester Street, Shrewsbury

When: Mondays, fortnightly from 8th June to 28th Sept 2009 12.30-2.30p.m.
(no group running 31st August due to bank holiday)

Who are we? Guy Holmes is a local clinical psychologist, Nicki Evans is a local mental health service user. Both of us are interested in the benefits of writing and how it can help us get through difficult experiences.

How to join in: In order to keep things informal, places are limited to a maximum of 8

Phone 01743 254050 or email guy.holmes@nhs.net to book a place

It is free to join the group

