

INSIDE STORIES

Online Creative Writing for Well
Being with Tristan Jackson Pate



In partnership with
The Recovery and Well
Being Academy

**Book
Now!
FREE!**

Location

Zoom

Time & Duration

**Mondays 7pm to
8.30pm Starting 13th of
May**



Join us and learn how improve your mental well-being through creative writing techniques such as dialogue and storytelling. No writing experience is needed within this welcoming, friendly, and supportive environment. Meet new like-minded people.



Participant Quotes

'You have made me want to carry on my story I started a long time ago, you have been very inspiring'

"These sessions are more than that, I think about literature and just everything more, it's like the dirt has been cleaned so I can see things differently"

'Amazed how much we produce in a short time'

"Good mix of activities, and very inclusive. Better than a traditional counselling session"

Enquiries

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Bookings

recoveryandwellbeing.co.uk/Enrolment

Phone

07946 585978

More Information

www.artsuplift.co.uk/inside-stories-4/

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