

Creative writing for wellbeing



**Discover the power of writing
to improve your wellbeing.**

Join our **FREE** adult creative writing workshops led by Tristan Jackson-Pate.

Discover your voice, craft compelling stories, and connect with others in a supportive community. Open to Coventry and Warwickshire residents.

No experience needed.

COURSE DETAILS

Online via Zoom

Mondays 7-8.30pm
22,29 September, 6,13,20 October,
3,10,17,24 November, 1
December.



Creative Writing for wellbeing



Find your voice, improve your well-being

Join experienced writer and theatre director, Tristan Jackson-Pate, for a supportive online writing group. Explore storytelling techniques, develop your writing skills, and connect with others.

What you can expect to learn

- Understand the benefits of creative writing for well-being.
- Build confidence and learn new writing techniques.
- Meet new people and share your work with supportive peers.

Learn dramatic writing for theatre or film, and apply the skills to all forms of storytelling, from novels to poetry.



Book now at
www.artsuplift.co.uk/wellbeing-courses

For further information email
info@artsuplift.co.uk or
call on 01926 504212

