



Write Yourself! Creative workshops for anyone interested in writing for well-being in a small group of maximum 5 participants, including tools and resources to help create a sustainable and healing writing practice. 2 hour sessions online with Carol McCloskey, psychotherapist, certified in writing for therapeutic purposes (Metanoia Institute London)

Starting March 7th 2023 6.30 - 8.30pm, fee 40e/session

Visit this link for workshop details

<https://sites.google.com/view/creativewritingforwellbeing>

For booking form ; carol.mccloskey@bbox.fr 06 01 82 53 72

