

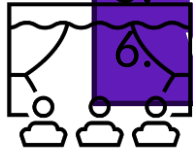
# Creative Writing for Well-being

Shelley O'Connor and Charlotte Cosgrove



Writing imaginatively and therapeutically, through the medium of *poetry, biographies, and short stories*. Creative writing can take you on a *spiritual path*, exploring your *feelings and emotions*.

1. Six-week course
2. Different cohorts
3. Tasks
4. Post-session debrief
5. Meditation
6. WhatsApp Group



- Journey
- Emotions
- Feelings
- Trauma
- Recovery
- Reflection
- Reflexivity
- Resilience



## The Journey continues...

- ✓ To be a published writer in an anthology.
- ✓ To have the skills to be and stay mindful.
- ✓ Confidence building to read work and appreciate unique voice for presentation.

