

Creative Writing for Mental Wellbeing

Free Mental Health Week Workshops

Tuesday 12th Oct 2021

Facilitated by Susan Austin - Occupational Therapist, Poet and Program Facilitator with The Hobart Clinic

Learn how creative writing can improve your mental health and wellbeing and help you manage the challenges of being a carer or of coping with a mental health or addiction issue. You will be guided through several introductory writing exercises which will help you to tune in to the present moment, to expand awareness of your senses and to strengthen connections to the people, places and things that matter to you.

Workshop 1:

For Carers of people with mental health or addiction issues

Time: 9.30 - 12.00pm

Includes morning tea

Workshop 2:

For people with mental health or addiction challenges

Time: 1.30 - 4.00pm

Includes afternoon tea

Where: The Mind Hub, 1/175 Collins Street, Hobart

Places limited:
RSVP (specifying which session) to The Hobart Clinic by emailing info@thehobartclinic.com.au or calling 6247 9960.

Mental Health Week 2021

TASMANIA

9-16 October



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