



# Personal Expression for Self-Healing Workshop

## Why Write?

Sept 14

What's your motivation?  
Are you stuck?  
Can you notice your resistance?  
Can you write for days?

## Free Style

Sept 21

There are many forms of expression.  
Explore what speaks to you.

## Thought Observation Sept 28

The Inner Critic has the power to  
stop us, or does it?

## Gratitude

Oct 5

Expressing gratitude can become  
monotonous after a while. Try feeling  
grateful to your core.

There are many roads to self-healing.  
The journey we embark on is as unique  
as we are.

This is an invitation to self-explore by  
putting pen, pencil, or paintbrush to paper  
and allow your story to be what it is.

Bring a notebook and supplies of your  
choosing and let the exploration begin.

**Where: Free over Zoom**

**When: Tuesdays  
2:00 to 3:30 PM**

**4 Week Workshop**

**Sept 14 to Oct 5, 2021**



Canadian Mental  
Health Association  
Halton Region Branch  
*Mental health for all*

**TO REGISTER CONTACT**  
[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)  
Please include a phone #  
where you can be reached.