



# Personal Expression for Self-Healing Workshop

## Why Write?

Nov 25

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

## Free Style

Dec 2

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

## Thought Observation

Dec 9

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

## Gratitude

Dec 16

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: Thursdays  
2:00 to 3:30 PM**

**4 Week Workshop**

**Nov 25 to Dec 16, 2021**



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

**TO REGISTER CONTACT**  
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Please include a phone #  
where you can be reached.