



# Personal Expression for Self-Healing Workshop

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, 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.

## Why Write?

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

Nov 25

## Free Style

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

Dec 2

## Thought Observation

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

Dec 9

## Gratitude

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

Dec 16

Where: Free over Zoom

When: Thursdays  
2:00 to 3:30 PM

4 Week Workshop

Nov 25 to Dec 16, 2021

TO REGISTER CONTACT

[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)

Please include a phone # where you can be reached.



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