



Topics:

Why Write?

March 31st

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

Free Style

April 7th

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

Thought Observation

April 14th

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

Gratitude

April 21st

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

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.

Where: Zoom

**When: Thursday's
2:00pm-3:30pm**

4 Week Workshop

**March 31st – April 21st,
2022**



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

TO REGISTER CONTACT
peermentors@cmhahrb.ca
**Please include a phone # where
you can be reached.**