## Writing for Wellbeing in Westcott January – March 2022



As we begin to navigate another year with all its possibilities, we'll be taking maps as our writing focus in this next series of workshops. Whether digital or in concrete form, maps can help us to orientate ourselves, connect with our surroundings, locate a destination and find our direction. Hopefully they will also offer us many and varied writing prompts! As always, there'll be time and space to write, reflect and share.

## Winter theme: Maps

JAN	Boundaries & Borders	Wed 19 (St John's)	& Sat 29 (Zoom)
FEB	Landmarks	Wed 16 (St John's)	& Sat 26 (Zoom)
MAR	Viewpoints	Wed 16 (St John's)	& Sat 26 (Zoom)

Wednesdays at St John's 11.15 - 1.15 £12 (£30 for all 3) Saturdays on Zoom \* 11.00 - 12.45 £8

**Booking:** To book, just email me at: heathershakes60@gmail.com

<sup>\*</sup> The waiting room for Zoom workshops will open 10 minutes before each session for arrival and settling in.