Therapeutic Writing

Therapeutic Writing is about expression of emotions and thoughts; it is a space for questions that may not have answers, a place for thoughts that may otherwise not have a home, a safe container for emotions so that they do not have to be loose in the world. Join us for a 10 week session which combines journal writing, expressive writing and creative writing. No writing experience required.

Location:

Medicine Hat Public Library
Legion Room

For more information contact:
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