



Working in partnership with SS&L CIC

**Every Thursday**  
**4th May – 18th May 2023**  
**2.30 – 4.30 pm**  
**in Chard**



# WRITING FOR WELLBEING

Meet, socialise and make peer friendships in a safe and supportive environment whilst learning about:

- the benefits of writing for our wellbeing
- using journalling as a tool to document your Life Story
- how Vision Boards can be used
- refreshing your English Language skills

**You must be 19+ and live in Somerset (not including BANES). This course supports people with low to moderate mental health needs. To enrol on this course, please contact us on 01460 391596 or [info@watchproject.org.uk](mailto:info@watchproject.org.uk)**

**Your Potential, Your Voice, Your Way**