



Some personal stories demand to be told but writing them is often difficult. Honouring these experiences to learn about oneself can be highly beneficial.

Over four writing-led workshops, award-winning author A. R. Levett demonstrates the benefits of using writing to work through trauma and reauthor yourself. In this safe place, you will create a self-care plan for the writing process, then be guided through the six stages of the Writing for Self-Discovery method so you can work towards self healing.

Please note, A. R. Levett is not a therapist and is not qualified to help you deal with your trauma.



WRITING FOR SELF- DISCOVERY

4-Month Course

When

13 Mar - 12 Jun 2022
1.30PM – 4.30PM

Where

Mattie Furphy House
Fellowship of Writers WA
88 Wood St Swanbourne

Cost

\$150 for full course
or \$45 per class

Bookings & Enquiries

andrew@thestorymentor.com.au

Limited places. **Booking Essential.**
Bookings close 28 Feb 2022

More details

www.thestorymentor.com.au/wfsd