

GoLearn!

Leicestershire Adult Learning Service



Learning for Wellbeing

Creative Writing: Creative Journalling for Wellbeing

Tuesdays - Online
6:30 – 8:30pm

16th April – 25th June 2024:
Course code: 23MT423P (10 weeks)



These workshops are designed to support individuals to develop their journalling practice and creativity. We will explore the various techniques and activities to nurture your creativity with the emphasis on wellbeing and self-discovery. A time for relaxation and reflection. An opportunity to destress and unwind from the pressures of everyday life.

Full fees £110/Reduced fees £33

Call **FREEphone 0800 988 0308** leicestershire.gov.uk/GoLearn
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All our venues are Covid-19 compliant in line with government guidelines to ensure the continued safety of our learners and staff. If you have any issues or concerns please call our FREEphone number.