



## Course details

### Course title

Creative Writing for Wellbeing

### Course code

Q00017176

### Course date

Start: 08/01/25

End: 16/04/25

### Number of classes

13 sessions

### Timetable

Wed 8th Jan, 13:00 to 15:30

Wed 15th Jan, 13:00 to 15:30

Wed 22nd Jan, 13:00 to 15:30

Wed 29th Jan, 13:00 to 15:30

Wed 5th Feb, 13:00 to 15:30

Wed 12th Feb, 13:00 to 15:30

Wed 26th Feb, 13:00 to 15:30

Wed 5th Mar, 13:00 to 15:30

Wed 12th Mar, 13:00 to 15:30

Wed 19th Mar, 13:00 to 15:30

Wed 26th Mar, 13:00 to 15:30

Wed 2nd Apr, 13:00 to 15:30

Wed 9th Apr, 13:00 to 15:30

### Tutor

Ione Harris

### Fee range

Free to £88.20

## **How you'll learn**

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

Shekinah Endeavour House (Torquay)

Endeavour House, 228 Union Str

Torquay

TQ2 5QS

## **Level of study**

Beginners

## **Course overview**

Enhance your well-being through writing with our Creative Writing for Wellbeing course. Learn techniques for using creative writing as a tool for self-expression and emotional healing. Ideal for individuals looking to improve their mental health through writing.

## **Course description**

Creative Writing for Wellbeing is designed to help individuals improve their mental health and well-being through creative writing. This course covers techniques for using writing as a tool for self-expression, relaxation, and emotional healing. Participants will engage in various writing exercises, including journaling, poetry, and storytelling, that encourage self-reflection and personal growth. The course includes practical demonstrations, guided practice, and individual feedback to support students in their creative journeys. By the end of the course, participants will have developed their skills in using writing for well-being and gained a deeper understanding of how creative activities can improve mental health. This course is ideal for individuals looking to enhance their well-being through creative writing.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/languages-culture/creative-writing/8-january-creative-writing-wellbeing>