



## Course details

### Course title

Creative Writing for Wellbeing

### Course code

Q00017097

### Course date

Start: 23/04/25

End: 21/05/25

### Number of classes

5 sessions

### Timetable

Wed 23rd Apr, 14:00 to 16:00

Wed 30th Apr, 14:00 to 16:00

Wed 7th May, 14:00 to 16:00

Wed 14th May, 14:00 to 16:00

Wed 21st May, 14:00 to 16:00

### Tutor

Ione Harris

### Fee range

Free to £42.00

### 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

Discover the therapeutic benefits of writing with our Creative Writing: Creative Writing for Wellbeing course. Learn how to use writing as a tool for self-expression, healing, and personal growth. Ideal for individuals looking to improve their mental and emotional well-being through creative expression.

## Course description

Creative Writing: Creative Writing for Wellbeing is designed to help individuals use writing as a means of enhancing their mental and emotional well-being. This course covers a range of writing techniques that promote self-expression, self-reflection, and healing. Participants will engage in writing exercises that encourage them to explore their thoughts and feelings, process their experiences, and connect with their inner selves. The course also includes discussions on the therapeutic aspects of writing, including how it can be used to cope with stress, anxiety, and other emotional challenges. By the end of the course, participants will have developed a writing practice that supports their well-being and provides a creative outlet for personal growth. This course is ideal for individuals looking to improve their mental health through creative expression, as well as for those interested in exploring the therapeutic potential of 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/23-april-creative-writing-wellbeing>