



# Writing Workshop

## 'Writing as therapy'

Writing as Therapy will be led by published and award-winning author and carer, Lee Taylor-Friend. All carers are welcome, no previous writing experience required. Join us to see how writing can be used as a positive self-help tool, to improve your wellbeing, reduce stress, and a way to share with others.

**Saturday 4 June**

**9.30am - 3.30pm**

Venue: Carers ACT, 80 Beaurepaire Crescent, Holt

Cost: \$10 per carer - Morning tea and lunch provided

RSVP by Friday 20 May to [RSVP@carersact.org.au](mailto:RSVP@carersact.org.au) or 6296 9900



[www.carersact.org.au](http://www.carersact.org.au)