

Writing Group



The Healthy Minds Writing group has been running since the beginning of 2007. Each time we meet, we work on a theme, share our writing from the home exercise assigned the meeting before, as well as completing and sharing writing exercises we do during the meeting, and talk about ideas related to the theme. Sometimes we have guest speakers.

As well as providing opportunity and encouragement to write and share our writing in a safe environment, the writing group offers our members peer support and writing skills development, as well as fun, creativity and the opportunity to explore ideas, writing genres, and to take risks that build confidence and self-esteem.

Facilitator: Anna Quon

Where: The Village at Bayers Road, Room 165

Time: 2-4 pm

Dates:

February	March	April	May	June
8th	9th	13th	11th	8th
23rd	23rd	27th	26th	

New Members Welcome!

For more information please contact Healthy Minds Cooperative at 404-3504 or e-mail Anna at annaquon@gmail.com