

FOUR SUNDAY AFTERNOONS

WRITING THE SELF

Reflective writing for times of change

Feeling caught between who you've been
and who you might be becoming?

You don't need to have the answers.

Sometimes writing is where we begin to find them.

Guided reflective & expressive writing to explore identity,
change, memory, possibility and the stories we tell
about ourselves.

No writing experience needed. Sharing is always optional.

With Dr Ivy Ireland



SUNDAYS | 2-4 PM

1, 8, 15 & 22 November 2026

Reset Therapy · 103 Verney Road West, Graceville

Online attendance also available

Your investment: \$380 for the four-week series

A small number of reduced-fee places are available
where cost may be a barrier. Please enquire.



ENQUIRIES & REGISTRATION

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Perhaps
the measure
of becoming
is not all
in the mind
but in the
gentle new
we return
to ourselves
again and
again.