

WRITING THE SELF

FOUR WEEKS OF 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.



THURSDAYS
5.30 – 7.30PM

STARTING
THURSDAY
8 OCTOBER 2026

Runs for 4 consecutive Thursdays:
8, 15, 22 & 29 October 2026



RESET THERAPY

103 Verney Road West,
Graceville

*Online attendance
also available*



YOUR INVESTMENT:

\$380

*for the four-week
series*

*Sliding scale places
available.
Please enquire.*