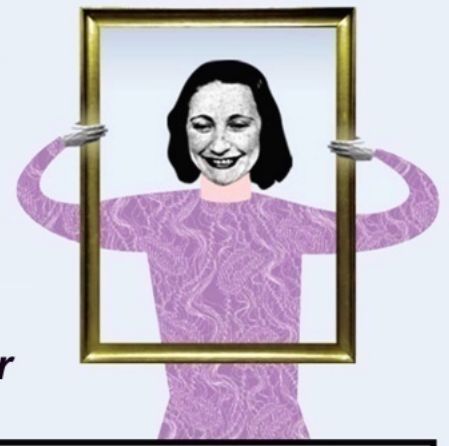




Creative Writing Group



FREE GROUP for Adults with Borderline Personality Disorder

Our monthly writing group enables like-minded adults with Borderline Personality Disorder (BPD) to gather in a safe environment, socialise, have fun and get stuck into some creative writing.

Lauren facilitates the sessions, which focus on using creative writing as a tool for escapism and self-expression through activities, games and more.

Creative writing has many benefits, including helping us to explore and express ourselves as individuals, engage in distraction techniques and manage our emotions, all of which can be invaluable for those of us with BPD.

2022 Dates:

(1st Thursday of each month)

May 5th
Sept 1st

June 2nd
Oct 6th

July 7th
Nov 3rd

Aug 4th
Dec 1st

Time: 2pm - 4pm

Location: 119 Osmaston Rd, Derby, DE1 2GD

Find out more:

workshops@borderlinearts.org
www.borderlinearts.org/writinggroup



OR SEARCH: www.borderlinearts.org/writinggroup



IMPORTANT NOTE:
NO PRIOR EXPERIENCE REQUIRED TO TAKE PART



Reg Charity: 1160324

www.borderlinearts.org