WRITING FOR CREATIVITY, CONNECTION, AND COMMUNITY; THE BRAIDED PATH

online programme with Pam Winter

'Writing is not simply self -expression. Writing is a way to seek lines of connection and intersection with others, to compose creative and lively possibilities for living stories…for turning stories inside out and upside down so they are always transforming and transformative''

As the above quote suggests, none of us writes in a vacuum, we are all part of a complex, deeply challenging world full of both beauty and pain, joy and suffering. This monthly writing group is an opportunity to build your writing practice with a regular monthly supportive, facilitated group.

If you have attended one of the Oasis courses so far, either Writing for Resilience or Writing Through the Seasons and want a deeper dive into expressive, reflective and creative writing then **The Braided Path** might be for you.

We will be:

- Writing alone and together, with time to write and share our writing
- Exploring a wider range of journaling techniques and prompts to unleash creativity

- Working with various themes emerging from the group and forms such as creative non- fiction writing, and poetry

- Experimenting with mindfulness and embodiment in our writing-slowing down and paying attention

- Exploring how our writing reflects the volatile and changing landscape we find ourselves in and how it can nurture us and others.

Cost: £385 VAT exempt

Starting in October 2022, online, monthly meetings for 9 sessions with Pam Winter facilitating.

Dates – Fridays, 3-5pm

13th January 2023

10th February 2023

17th March 2023

12th May 2023

23rd June 2023

21st July 2023

22nd September 2023

20th October 2023

24th November 2023

These sessions will be facilitated by Pam Winter, a certified poetry therapist, using poetry therapy and expressive and reflective writing prompts, to support and resource your wellbeing and personal and professional development.

If you are interested, please email lise@oasishumanrelations.org.uk