



COMMUNITY OF PRACTICE: BE WELL

PEDAGOGICAL FOCUS: WELL-BEING



Facilitated By:
Rebecca Higgins, MSW,
Mental Health Educator

Join this Community of Practice where we explore and reflect on all areas of self-care and personal wellness, from the emotional, to the psychological, to the social, physical, and professional too.

This month, Mental Health Educator and author, Rebecca Higgins, will introduce us to writing as respite.

Through various writing prompts, we will consider writing as a tool for reflective practice, as a safe place to put hard things, and as an opportunity for creative expression and play. Participants are encouraged to bring a pen and notebook/paper for this session. No writing experience required.

Please come prepared to engage in meaningful conversation..

WHEN?

Thursday, October 27

6:30 - 8:00PM

WHERE?

Via ZOOM

Access link and password will be emailed prior to event

COST?

FREE



REGISTER NOW!