

WRITING AND WELL-BEING WORKSHOP

Join us on Saturday mornings from 10:00 a.m. to 12:00 p.m. as we put the pen to paper and explore avenues of creative writing. Over 95% of our participants believe the workshop is helpful for their mental health recovery!

2ND AND 4TH SATURDAYS IN 2018

January 13 & 27

July 14 & 28

February 10 & 24

August 11 & 25

March 10 & 24

September 8 & 22

April 14 & 28

October 13 & 27

May 12 & 26

November 10 & 24

June 9 & 23

December 8 & 22

CLASSES ARE FREE OF CHARGE AND THERE IS PARKING IN THE BACK!
For more information, contact Bridget at 886-1242 ext. 347
or bmcnally@eriemha.org!

at the Mental Health Association of Erie County, Inc.
999 Delaware Avenue, Buffalo, NY 14209



COMPEER
30 YEARS OF CARING FRIENDS & MENTORS



Mental Health Association
of Erie County, Inc.