

Discovering Your Inner Writer

Defeat self-stigma and find your voice through writing

Interested in writing but not sure where to start? Curious if a regular writing practice can help you better manage life's ups and downs? Want to expand your writing practice and improve your writing skills?

***Discovering Your Inner Writer* can help.**

This online course is designed for individuals to use solo, or as a part of a curriculum with groups. The six, self-guided videos by *Write On!* instructor, Janet Reynolds, include writing prompts following each lesson, exercises that walk you through setting up a writing practice, and strategies for improving your writing. Options for consultations and live interactions are offered. All videos have closed captioning.

Join Janet Reynolds on Thursday, June 24th for "Using Writing to Improve Resiliency and Defeat Self-Stigma," a webinar hosted by MHA.

By enrolling in this online course, you'll learn:

- ✓ How to set up a writing practice
- ✓ Strategies for using your writing to better understand yourself
- ✓ Tips for implementing your writing to affect personal change
- ✓ How to remain motivated by utilizing writing prompts

Enroll today at: www.mhconn.org/DYIW

Meet the Instructor, Janet Reynolds



Janet Reynolds is the lead instructor and creator of Mental Health Connecticut's Write On! program. She is an award-winning writer, editor, and investigative journalist and is a former high school English teacher. She has created nine magazines and is a seasoned publisher, editor, and marketer. Janet has written extensively about her family's journey with schizophrenia. She holds a Masters in English Literature from Trinity College and lives in Connecticut with her family.

Discovering Your Inner Writer is an online course presented by *Write On!*, a program of Mental Health Connecticut, Inc.