



Writing As Therapy

A free 2 hour course with Dr Sian Prior on Zoom

Saturday 30th May 1pm - 3pm for Adoptees

Saturday 13th June 1pm - 3pm for Mothers (also known as natural mothers)

Saturday 27th June 1pm - 3pm for Adoptees

In this short course Dr Sian Prior will lead you through a series of ideas and exercises in therapeutic writing, using a variety of techniques and exploring the methods that might work best for you. No experience is necessary and grammar, spelling and writing ability are irrelevant. All participants need to bring is an urge to express themselves, a journal (or notepad) and a pen.



Dr Sian Prior is a writer, broadcaster, musician and writing teacher. She has a doctorate in Creative Writing from RMIT and teaches short courses at RMIT and The School of Life. Her book *Shy: a memoir* is published by Text Publishing.

Interested? Email info@vanish.org.au or call **(03) 9328 8611** for a registration form and the VANISH Code of Conduct for online events. Limited places - bookings essential

VANISH (Victorian Adoption Network for Information and Self Help)



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