



Writing As Therapy

A free 2 hour course with Dr Sian Prior on Zoom

For Mothers (also known as natural mothers)

Saturday 8th August 1pm - 3pm

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.

Please note: Sian usually delivers this session as part of a longer course. While it is not specifically tailored to mothers the feedback from participants is that it is delivered sensitively and is very helpful.

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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