

Journaling - space for your thoughts

WEA Adult Learning
Within Reach



Journaling - space for you thoughts

Currently being delivered Online this workshop is one of a suite of courses WEA offer around Mental Health and Wellbeing.

Through learning how to start and maintain a regular journaling habit, participants will develop new strategies for improving their own mental-wellbeing, discover useful problem-solving skills, and find strategies for identifying what problems they might want to share with others.

Learners: Anyone interested in learning more about Journaling

Duration: Flexible. Typically half-day

Tailored workplace learning: To discuss how this course could be tailored to meet your needs and get a quote for course delivery, please email Archie Campbell a.campbell@wea.org.uk or Janice Wimpenny j.wimpenny@wea.org.uk or call **0131 226 3456**.

WEA Scotland
525 Ferry Road
Edinburgh
EH5 2FF

T. 0131 226 3456
E. scotland@wea.org.uk
W. weascotland.org.uk

 @WEAScotland
 WEAScotland



Scottish Government
Riaghaltas na h-Alba
gov.scot

The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).