



Interfaith Counselling Centre

Expressive Writing Group

Research suggests that expressive writing, also known as therapeutic journaling, can increase happiness, reduce symptoms of depression and anxiety, strengthen the immune system, and improve work, school and overall life functioning.

This group will equip you to learn and benefit from expressive writing. In a small group setting, you will be provided the opportunity to learn new writing skills and then, with caring support and oversight, apply this new tool with a view to processing emotional trauma or turmoil. No previous writing or journaling experience is required!

DATES:

6 Weeks Starting:

Tuesday, April 15, 2025

6:30pm-8:00pm

Location:

Interfaith Counselling Centre

23B Church St., New Hamburg, ON N3A 1J1

Register:

Please call 519-662-3092 to register and discuss available funding.

ICC strengthens the fabric of our community by equipping individuals, couples, and families to realize emotional wellness and triumph over life's challenges.

