



Expressive Writing

Writing to improve your emotional, physical and spiritual health.



Expressive writing, involves pouring your heart and mind into words, without worrying about spelling, punctuation, grammar and other writing conventions. Research has proven that it may be the best medicine for improved mental health, medical conditions and trauma. Please register on the North Reading Youth Services webpage prior to attending any session. Please bring a writing utensil, journal and chair/blanket to sit on. Dress comfortably.

When: Every Monday in July 2018 at 4:30p

Who: Any resident that wants to improve their overall health

Where: Ipswich River Park
