

Writing Through Lived Experience: Writing to Support Your Mental Health Journey

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Whether we're going through a shared crisis like a pandemic or simply struggling in our daily lives just because we are, writing can be a way to manage the challenge. A regular writing practice can help release feelings of anxiety as well as be a tool to better understand what is happening.

Join us for this 60-minute writing webinar in which we will discuss:

- How writing can make a difference in your life, including information about how writing affects the brain
- How writing helps to defeat self-stigma, a primary catalyst in derailing the mental health journey, and support the recovery process
- How to start and maintain a writing practice in your life
- Tips and ideas for writing prompts and storytelling best practices

Presenters:

Janet Reynolds is an award-winning writer and editor and former high school English teacher. She created Write On!, a writing program with Mental Health Connecticut designed to help young adults with mental health issues in their recovery journey. As a seasoned editor and marketer who understands how to tell a story and how to get that story out to the world, she is currently writing a memoir about her family's journey with schizophrenia. Reynolds holds a Masters in English Literature from Trinity College and lives in Canton, Connecticut with her family.

Suzi Craig is Chief Strategy Officer for Mental Health Connecticut. She brings more than 20 years of strategic planning, program design, marketing and development, communications, and community engagement expertise to MHC. Her ability to

cultivate trusted, mutually beneficial relationships has resulted in a long track record of wins at MHC and at her previous positions in book publishing, strategic brand consulting, public broadcasting, and Connecticut's startup eco-system, and more. Suzi is a graduate of the University of Connecticut and a nationally certified yoga teacher. She lives in West Hartford, Connecticut with her family.

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