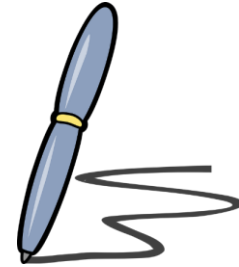




FONTBONNE MINISTRIES
Mustard Seed
SISTERS OF ST. JOSEPH, TORONTO

EXPRESS YOURSELF THROUGH WRITING

“Encouraging use of your voice—Empowering the Unheard.”



A Program of Toronto Writers Collective hosted at Mustard Seed

This program caters to:

- People of all levels and abilities
- Everyone has a story to tell regardless of their experience or education

What you will learn:

- Positive ways of expressing yourself
- Practise speaking in public by sharing your ideas
- How to give and receive positive feedback

This program is best suited for people who are comfortable with:

- Exploring individual creativity within a group environment
- Have the ability to self-regulate
- Additional information can be found at <http://torontowriterscollective.ca>

The Express Yourself Through Writing Program is offered:

- Tuesdays 2:00pm – 3:30pm

Is there a cost:

- No fee is required

Do you need to sign-up:

- No registration required; drop-in
- Space is limited

What participants are saying about the Express Yourself Through Writing Program:

“I have found a community where I feel comfortable sharing my stories.”

791 Queen Street East, Toronto ON M4M 1H6

