

**Do you have a story to tell?
Do you want to write better?
Are you a poet or blogger?
Do you need help expressing your ideas?**

Come Join:

Write From the Heart



Write From the Heart® is a 6-week writing program just for Mental Health Consumers

- ◆ MEETS ONCE A WEEK
- ◆ ALL MATERIALS PROVIDED
- ◆ SMALL GROUP INSTRUCTION
- ◆ COST: ONLY \$2-\$10 PER WEEK
- ◆ LIGHT REFRESHMENTS PROVIDED

**NEW GROUP STARTING!
FRIDAYS NOV. 7-DEC. 19TH
FROM 1-3:30PM, DOWNTOWN VANCOUVER**

**FOR MORE INFORMATION AND TO ENROLL:
PH: 604-565-0200 FOR SUSAN KATZ, FACILITATOR
[HTTP://HEARTBEATS1.BLOGSPOT.COM](http://HEARTBEATS1.BLOGSPOT.COM)**



Kickstart
Disability
arts & culture



Helping People Connect