



Everyone Writes!

write4health uses **PLAY** to unleash, uncover and unstick ourselves through *acts* of writing—

write4health utilizes tools that *anyone* whose chooses can use...

- Our tools in **write4health** are simply *pen and paper*—how our words emerge stems from our personal interests, preferences and experiences.
- How we develop practice stems from our inclinations. This may mean story, poetry, prose, journaling, script, or any other combination.
- How we compile these expressions will emerge through our leanings. This may mean the use of journals, illustrations, collage, photography, comics, artwork etc.
- There is no *one* way to express ourselves through the use of pen and paper. How we view our internal and external landscapes are unique to our voice and the form of communication we select. It is as distinctive as a fingerprint. It is yours, no-one else's.
- The acronym **PLAY** is used to inform our process during **write4health** clinics.
 - Find **PURPOSE** in new, emerging ways
 - Discover **LIGHTNESS** in everyday simplicity
 - Take **ACTION** in small and bigger ways
 - Say **YES** I can, take one-step-at-a-time



“Visual prompts worked for me. They helped me stay engaged,

my brain active and see beyond these walls. I can't believe I wrote all that poetry!” Client- Dorothy

Until we started our project Dorothy had never written poetry. She was empowered through the process in **write4health PLAY** and also surprised by the book she created.

Let's **PLAY** on purpose!

- I facilitate **write4health** clinics in group and in individual sessions.
- Typically clinics run for two hours. Individual clinic/sessions can be booked in blocks of four.
- Longer targeted creative blocks can be booked through **Unfinished Projects**. This is generally used for *unfinished creative projects* that a client wants support and guidance with to complete.
- These typically run for three months and often include publishing electronically or in print. More details in **Resources** and **Stories that Matter**.