

WRITING & WELL-BEING WORKSHOP

AGES 18-30

2ND AND 4TH TUESDAYS

6-8PM

999 DELAWARE AVENUE
BUFFALO, NY 14214

January 14 & 28

February 11 & 25

March 10 & 24

April 14 & 28

May 12 & 26

June 9 & 23

July 14 & 28

August 11 & 25

September 8 & 22

October 13 & 27

November 10 & 24

December 8 & 22

Our writing group is free and open to anyone who's interested in using writing in their mental health recovery.

For more information, contact Bridget at bmcnally@mhawny.org

mental health advocates  of WNY
BE HEARD. BE HELPED.