

# Storytelling Workshop



Storytelling is an intrinsic part of being human. Some of the stories we tell ourselves can be harmful to our mental health and future possibilities. When we adjust the story we tell ourselves about our life, we have the ability to bring about positive change and improved mental health.

In this workshop participants will learn the basics that will give them the tools to craft their own personal story. In a safe and supportive environment, the 6 to 8 minute story you create will be shared and gentle feedback given.

**Every Thursday from  
May 6 - June 24  
1 p.m. to 2 p.m.**

To register and receive the link please contact  
Barb at [bcatalano@communitycaredurham.on.ca](mailto:bcatalano@communitycaredurham.on.ca)

