

**New group coming October 11<sup>th</sup>**

## **Writing Your Way to Wellness**

Writing Your Way to Wellness is a peer-led group using creative writing as a way to cope with mental health and/or substance use challenges. We welcome those who enjoy writing and those who have never written before. Included each week is a writing prompt and a centering meditation. Come express yourself in a safe and nonjudgmental environment. Your voice matters!



**Friday  
3:00pm-4:00pm**

**The Wellness Studio  
2647 Milwaukee Street  
Madison, WI 53704**

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*Lisa Marie Auter is a Peer Support Specialist with Recovery Dane. She has used creative writing to cope with depression, anxiety, grief, and trauma for over 30 years and is passionate about sharing that hope with others.*

