

Spark of Brilliance Presents (Virtually)

Write Brain Word Play



**You're seated at your desk, fingers poised and ready to start writing, but
...the words aren't coming. The blank page strikes again!**

**Never fear! If you are battling writer's block or you are just looking for new ways to
flex your creative writing muscles, the Write Brain workshop will make sure
you always have words to play with!**

No experience necessary! All you need is a pen, paper, and curiosity!

Reoccurring twice per month—join in any day!

Wednesdays, January 6 & 20 from 1:30-3:00 p.m.

Please register by December 14 by emailing Marcey Gray at mgray@cmhaww.ca

Login information will be sent out prior to the workshop!



**Canadian Mental
Health Association**
Waterloo Wellington



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The Book of Me - Writing My Life



In this series we will be discussing what memoirs are and their purpose, and begin writing what will be an ongoing project to create your very own memoir.

Participants are welcome to come and go throughout the series as they wish and will be provided with materials needed in order to stay caught up!

Wednesdays, January 13 & 27 from 1:30-3:30 p.m.

Register any time by emailing Marcey Gray at mgray@cmhaww.ca.

Login information will be sent out prior to the workshop!

All that is required for this workshop is a pen and paper and a desire to write your story!



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Fearless Art Jumpstart



With the help of Skillshare and artist, Marie Noelle Wurm, we will be creating 14 different drawings over two sessions, using a variety of prompts, methods, and tools.

Mondays, January 18 & 25 from 1:30-3:30 p.m. Must attend both workshops.

Register by emailing Marcey Gray at mgray@cmhaww.ca.

Login information will be sent out prior to the workshop!

Materials required: paper or a sketchbook, and anything you have around the house — markers, pencil crayons, pastels, paint—you name it!



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ART SONGS



What does music look like to you?

During this workshop, which is being offered in an afternoon or evening session, we will be listening to a variety of songs and interpreting them through paint.

January 14 from 1:30-3:30 p.m. or January 21 from 6:00-8:00 p.m.

Register by emailing Marcey Gray at mgray@cmhaww.ca.

Login information will be sent out prior to the workshop!

Materials required: paper, brushes, acrylic paint. If you do not have these supplies available to you, please request a supply kit upon registration.



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