Discovering Your Inner Writer
Defeat self-stigma and find your voice through writing

Interested in writing but not sure where to start? Curious if a regular writing practice can help you better manage life’s ups and downs? Want to expand your writing practice and improve your writing skills?

*Discovering Your Inner Writer* can help.

This online course is designed for individuals to use solo, or as a part of a curriculum with groups. The six, self-guided videos by *Write On!* instructor, Janet Reynolds, include writing prompts following each lesson, exercises that walk you through setting up a writing practice, and strategies for improving your writing. Options for consultations and live interactions are offered. All videos have closed captioning.

*By enrolling in this online course, you’ll learn:*

- How to set up a writing practice
- Strategies for using your writing to better understand yourself
- Tips for implementing your writing to affect personal change
- How to remain motivated by utilizing writing prompts

**Enroll today at: [www.mhconn.org/DYIW](http://www.mhconn.org/DYIW)**

**Meet the Instructor, Janet Reynolds**

Janet Reynolds is the lead instructor and creator of Mental Health Connecticut’s Write On! program. She is an award-winning writer, editor, and investigative journalist and is a former high school English teacher. She has created nine magazines and is a seasoned publisher, editor, and marketer. Janet has written extensively about her family’s journey with schizophrenia. She holds a Masters in English Literature from Trinity College and lives in Connecticut with her family.

*Discovering Your Inner Writer* is an online course presented by *Write On!*, a program of Mental Health Connecticut, Inc.