

# Clear your mind whilst on lockdown

## Details

### Description

Sessions discussing therapeutic writing and it's benefits. Please join in and receive a FREE copy of the book. All sessions will be hosted on zoom. Please contact Fulbahar Begum to register your interest. Please text 07415748947 or email [fully2k2@yahoo.co.uk](mailto:fully2k2@yahoo.co.uk) with your Name, Address & Email.

### Date

24 February 2021

### Start Time

14:00

### End Time

15:00

---

## Costs

### Costs

Free

## Venue Information

### Address 1

Online - Zoom

---