



# Inkblot

by GreenShield Health\*



## Let's take a break: Mindfulness and therapeutic writing

Life can be busy and chaotic; it can be difficult to slow down and decompress. Let's take a break together and practice mindfulness and therapeutic writing to create a sense of calm and wellness in your life. Throughout the webinar we will focus on learning and practicing a variety of mindfulness and therapeutic writing techniques. By the end of the workshop, you will have different wellness tools you can use in your busy life to help aid with stress, anxiety, and self-regulations.

### Lavlet Forde, MA, RP



Lavlet Forde is a Registered Psychotherapist, a Wellness Educator and a Writer. She has been working in the counselling field for the past 15 years and has counselled individuals, couples, and families. As a wellness enthusiast, Lavlet regularly facilitates workshops on the topic of self-care & wellness. Lavlet believes in providing a welcoming and safe space for clients and she practice's from a Person-Centered, Trauma Informed, Solution-Focused and Family Systems model. Lavlet also incorporates the arts, therapeutic writing and reflective exercises into my practice.

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