



Write to Recovery

Every Wednesday...I have the best job in the world!

Stephen McGuire attended and now facilitates a Write to Recovery group in Glasgow. In this blog he tells us his thoughts on the project.

I first got involved with Write to Recovery through the organisation I work for that being the [Mental Health Network](#). So at first I thought it was about work but I was wrong!

Erin and Emma from SRN came along and before I knew it I was writing about my positive future and feeling genuinely excited about that. The 8 week schedule where you write about topics and discuss them gave me a better insight to what made me tick and more importantly made me happy. The 8 week structure was great and both the writing and discussions were all interesting and enjoyable.

Write to Recovery gave me the chance to check in with myself!

I have now completed training and I am facilitating the Mental Health Network's own Write to Recovery Group that I look forward to every Wednesday. Every Wednesday Afternoon I have the best Job in the World!

Everyone who has an opportunity to should [get involved with Write to Recovery!!!](#)