Expressive writing helps relieve the effects of trauma on your life and reduces stress.

Research shows that the ability to manage your life through your story increases overall wellness. Workshop approach based on James W. Pennebaker, Ph.D's Writing to Heal, pain management techniques developed by Sane in Pain author Josephine Jones, as well as creative writing prompts to explore your experiences and possibilities.

Workshops will be led by Pikes Peak Community College English Professor and MFA Creative Writing Faculty @SNHU Cindy Skaggs, who is also an Air Force veteran. Skaggs' areas of specialization include fiction and nonfiction writing, building writing communities, with a research focus on gender bias in poverty, war writing, and PTSD.

Join us next at
Mt. Carmel Veterans Service Center
530 Communication Circle
Colorado Springs, CO 80905

Thursdays from 4 to 6 p.m. through the winter

To register
Contact Kirsten Belaire
kbelaire@mtcarmelcenter.org or 719.309.4714

To learn more
Visit MtCarmelVeterans.org
and ColoradoHumanities.org