

Creative Writing for Trauma Recovery



October 17, 2019 | 1:00 pm - 4:00 pm



Want to join us for a creative writing workshop?

Writing is so freeing when we can silence that inner critic or have a safe, supportive group who will listen to our words with compassion and without judgment.

Echo invites you to join just such a group for a half-day workshop where we will provide writing prompts and the opportunity (entirely optional) to speak our truth aloud.

Sometimes journaling is the only way of creating order from the inner chaos. Sometimes poetry can provide symbol and metaphor when the survival brain does not have coherent words. And sometimes writing can help us form our 'coherent narrative' to help us make sense and create meaning from our experiences.

Let's write for liberation. Let's write for recovery. Let's celebrate our resilience in words whether they come in gusts and squalls or drip slowly like lifeblood to the page. (See, we started already!)

Details

Cost: \$25

Lunch: Lunch is not provided. There is a cafe on site and several eateries within walking distance of the training venue.

Time & Location

1:00 pm - 4:00 pm, registration starts at 12:30 pm

The California Endowment, 1000 N. Alameda St., Los Angeles, CA 90012

Free parking is available at The California Endowment

For additional requests, accommodations, questions, or grievances about this training contact us at training@echotraining.org or (213) 484-6676