

Voice of the Vet

Veterans Writing Project

Come and experience a two-hour introductory expressive writing workshop with Kathleen C. Nesbitt, transformative language artist and facilitator of VOICE OF THE VET: Veterans Writing Project.

Writing about life experiences creates an opportunity for individuals to interpret events in a meaningful way.

In this introductory workshop you will be able to experience how expressive writing can augment your existing healing and coping practices and support your transition process. No prior writing experience is necessary.

“Sometimes all a veteran needs is a place where he or she can go to reflect on their experiences rather than drown it out with activities or substances. That’s the purpose of Voice of the Vet...”

James Redden Jr.
VoV Participant

- PARTICIPANTS CAN GIVE VOICE AND BEAR WITNESS TO THEIR COMMON EXPERIENCES AS THEY WORK TOWARD FOSTERING PERSONAL PEACE, HEALING AND RENEWAL, AND SOCIAL REINTEGRATION
- INTRODUCE THE SPIRITUALLY NOURISHING ASPECTS OF EXPRESSIVE WRITING, AND PROVIDE TOOLS TO CREATE A SUSTAINABLE WRITING PRACTICE
- LIGHT SNACKS PROVIDED: RSVP TO VALERIE CREEDON OR KATHLEEN NESBITT APPRECIATED BUT NOT REQUIRED

**Thursday January 14th
5:15 PM to 7:30 PM
OEF/OIF Conference Room
10th Floor Damen**



CONTACT

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or

CONTACT

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