

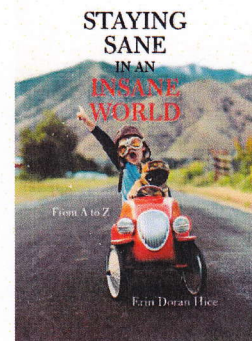
# Veterans Writing Workshops

## Building Skills Through Writing

Our increasingly fast-paced and complex world demands that we regularly employ life skills such as adaptability, a strong work ethic, leadership, and time management.

The **Building Skills Through Writing** series is being offered for active duty military personnel, their family members, and veterans. This unique workshop is based on Erin Hice's book, *Staying Sane in an Insane World: From A to Z*, and offers participants the opportunity to choose from a variety of individually relevant writing prompts. Topics include authenticity, courage, jobs, resilience, ownership, and purpose.

A goal of the workshop is to encourage participants to embrace personal responsibility by discovering and honing their unique skills and strengths. By doing so, individuals are better equipped to respond to the demands of our stressful and competitive world. This opportunity comes with the unique bonus of being surrounded by fellow members of the amazing institution called the "military family."



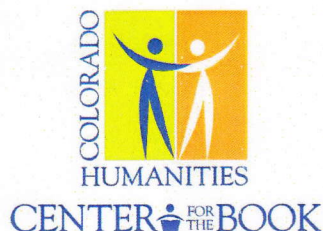
Free workshops will be led by Erin Hice, daughter of a veteran, and will include a copy of her timely and transformative book *Staying Sane in an Insane World: From A to Z*.

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Learn more at [coloradohumanities.org](http://coloradohumanities.org) or contact Mary Hickey, Colorado Center for the Book Programs Coordinator

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Thank You



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