



## Express Yourself - Program Flow

### **Week 1 - (Re)Conditioning Your Writing & Creativity Muscles**

Exercises and discussions focus around reacquainting yourself with the fun, freedom and healing that can be discovered through writing and exploring your inherent creativity. Home Writing Exercise: Journal, with a focus on conditioning your writing muscles and using writing as a form of self-care and self-discovery.

### **Week 2 - Using Poetry to Get to Know Your Mind**

We'll write different kinds of poetry to explore both your left and right brains and learn more about your unique creative process. Home Writing Exercise: Write a poem, to share with the workshop.

### **Week 3 - The Power of Sharing Your Work**

Participants will read aloud their poems completed between sessions. We will discuss the content of the poems and how the writing process went for participants. Home Writing Exercise: Write/journal about your experiences sharing and discussing your work with your fellow participants.

### **Week 4 - Finding Your Voice**

Discussion centers around what it means to have and use your authentic voice, as well as what may be in the way of this process. Home Writing Exercise: Write a piece about using your voice, to share with the workshop.

### **Week 5 - What Does It Mean to Have a Voice**

Participants will read aloud their pieces on voice completed between sessions. We will discuss the content of the pieces and what writers discovered during their writing process. Home Writing Exercise: Write a piece addressing what's next for you, to share with the workshop.

### **Week 6 - Hope and Moving Forward**

Participants will read aloud their pieces on what's next for them completed between sessions. We will discuss the role both writing and hope can play in moving forward — with creative projects and other pursuits, but also with simply being human.

