

Drawing Out Stigma

A program dedicated to reducing stigma and increasing mental health awareness through the arts



Expressive Writing Workshop for Adults

Using Literary Art to Draw out Mental Health Stigma

Workshop Information:

Dates:

Saturday, February 8, 2020
Saturday, February 15, 2020
Saturday, February 22, 2020
Saturday, February 29, 2020

Time:

10 a.m. – 12 p.m.

Location:

OCCTAC
2215 N. Broadway, Santa Ana, CA 92706

Workshop Instructor: Blanca Estrella Ibarra, creative and dedicated writer with a BA degree in Literature and Creative Writing from California State University, Long Beach

At No Cost

RSVP by February 7th
(714) 547-5468



Workshop Description:

- An opportunity to create poetry, prose, short stories and art
- Engage in activities focused on the healing power of words, share and connect
- Have your story highlighted for all to enjoy at your local community organization
- You don't have to be good at writing, you just have to be willing to express yourself



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