

Drawing Out Stigma

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



Expressive Writing Workshop for Youth

Using Literary Art to Draw out Mental Health Stigma

Workshop Information:

Dates:

Saturday, February 15, 2020

Sunday, February 23, 2020

Time:

1 p.m. – 5 p.m.

Location:

8251 Westminster Ave., Westminster, CA 92683

Workshop Instructor: Dr. Suzie Matsuda, Phd., MA in social work, LCSW

At No Cost

RSVP by February 3rd

714-620-7075



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