

# Creative Writing



# Workshop!

## *Mental Wellness Through Storytelling*

### **WHEN:**

December 6<sup>th</sup>, 2022 – January 3rd, 2023

### **TIME:**

4:30PM – 6pm

### **COST:**

Free

### **WHERE:**

Virtually and/or in-person;  
Laura Parks & Mildred Francis Center  
6600 S. Cottage Grove Ave.  
Chicago, IL 60637

### **REGISTER:**

Email a facilitator to schedule a screening to determine workshop eligibility

YWCA Metropolitan Chicago is hosting a 5-week creative writing workshop for adults wanting to process their emotions and thoughts through storytelling. In this workshop, no prior writing experience is necessary—all you need is your imagination. This group will meet once a week for five weeks and all writing materials will be provided.

This is a space open to any English-speaking individual that has had trouble expressing themselves and is interested in creative writing. Members do need to commit to coming every week unless otherwise arranged with a facilitator. Please contact one of the facilitators below to complete a one-time screening before the first day to determine workshop eligibility. This workshop is open to adults 19 and up, of all racial/cultural identities, sexual orientations, and gender identities.

### **FACILITATORS:**

Chelsea Ballinger, MA, Therapist

312-229-7242 or [chelsea.ballinger@ywcachicago.org](mailto:chelsea.ballinger@ywcachicago.org)

Furrunecia Newberry LCPC, Therapist

312-762-2745 or [furrunecia.newberry@ywcachicago.org](mailto:furrunecia.newberry@ywcachicago.org)

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Chicago Rape Crisis Hotline: 888-293-2080  
Call 24/7/365  
Text 9:00am – 5:00pm CST, Monday-Friday  
Visit [ywcachicago.org](http://ywcachicago.org) or follow us @ywcachicago

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