

## FOR IMMEDIATE RELEASE

### Veterans Writing Workshops Online in July -- Therapeutic and Creative

GREENWOOD VILLAGE, CO (June 30, 2020)

Veterans Writing Workshops offer a safe place for veterans, their family members (18+), and caregivers to write and talk about their experiences and connect with each other statewide. Colorado Humanities offers online writing workshops in July. The Lunch & Learn workshops provide participants the opportunity to create, share, and receive feedback on their writing while they learn about ways to improve their writing. Expressive writing each Sunday afternoon provides support for a deeply private journaling process proven to reduce stress.

All workshops are led by veterans who are professional writers. Thanks to partners and sponsors Colorado State University-Pueblo Department of English & Foreign Languages, Arts in Society, Steamboat Creates, and the National Endowment for the Humanities, **all workshops are free** and offered via the online platform Discord.

#### **Expressive Writing with Cindy Skaggs Sundays from 3 to 4:30 p.m.**

#### **Lunch and Learn with Cindy Skaggs Wednesdays 12 to 1 p.m.**

July 1 - Journaling Prompts for creative writers

July 8 - Nonfiction Writing about trauma

July 15 - Fiction Narrative structure and plot

July 22 - Business Writing: the synopsis

July 29 - Writing Themes and Symbols

**To register** for Expressive Writing or Lunch and Learn workshops, email Cindy Skaggs at [cindy@cskaggs.com](mailto:cindy@cskaggs.com)

To learn more about all the workshops, visit [coloradohumanities.org](http://coloradohumanities.org).

**Colorado Humanities** is the only Colorado organization exclusively dedicated to supporting humanities education for adults and children statewide. Celebrating its 46th year and its **16th year as host for the Colorado Center for the Book**, Colorado Humanities is a 501(c)(3) nonprofit affiliated with the National Endowment for the Humanities, The Library of Congress Center for the Book, the Smithsonian Institution, and the national award-winning educational nonprofit Motherhead, Inc. With offices in the Denver Technological Center in Greenwood Village, Colorado Humanities works with 100 program partners throughout the state to design and implement programs that best meet each community's needs. Colorado Humanities' goals are to improve education, strengthen cultural institutions, and enrich community life by inspiring the people of Colorado to explore ideas and appreciate our diverse heritage. To learn more, visit [coloradohumanities.org](http://coloradohumanities.org) or call 303.894.7951.