

**Contact**

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**FOR IMMEDIATE RELEASE****Veterans Writing Workshops Online in September -- Therapeutic and Creative**

GREENWOOD VILLAGE, CO (September 8, 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 two types of writing workshops in September. All military-affiliated people (spouses, family members, caregivers) are welcome to join the **free** workshops.

Wednesday **Lunch & Learn Writing workshops** with Cindy Skaggs provide participants an online opportunity to create, share, and receive feedback on their writing while they learn about ways to improve their writing.

**Expressive Writing workshops** each Sunday afternoon online with Cindy Skaggs provide support for a deeply private journaling process proven to reduce stress.

All workshops are led by Cindy Skaggs, a veteran and professional writer.

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.

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

To register email [cindy@cskaggs.com](mailto:cindy@cskaggs.com)

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

September 9 – Plotting 101

September 16 – Characters 101

September 23 – Setting 101

September 30 – Dialogue 101

To register email [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.

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For more information, headshots, or interviews with workshop leaders or former participants, contact Josephine Jones, Director of Programs & Center for the Book at [jones@coloradohumanities.org](mailto:jones@coloradohumanities.org) or 303.894.7951 x15.