

Contact

Josephine Jones

Jones@coloradohumanities.org

720.489.7188 (cell)

March 12, 2021

FOR IMMEDIATE RELEASE

Free Online Veterans Expressive Writing Workshops

GREENWOOD VILLAGE, CO

Colorado Veterans Writing Workshops offer a safe place for veterans, their adult family members, and caregivers to write and talk about their experiences. Steamboat Creates and Colorado Humanities are offering online expressive writing workshops on Sundays at 3 p.m. MT. Expressive writing provides support for a deeply private journaling process proven to reduce stress.

Workshops are led by veterans. Thanks to partners and sponsors the National Endowment for the Humanities and Steamboat Creates, **all workshops are free**. To register, visit <https://coloradohumanities.org/programs/veterans-writing/>.

Valerie Brainerd will lead the upcoming workshops. Val is a Navy veteran who holds an MBA from Colorado Technical University, an MS from the Naval Postgraduate School, and a BS from Penn State University. After serving in the Navy for 20 years, she had a follow-on career in the aerospace defense industry. She became a certified yoga instructor in 2016, bringing together her desire to help others, commitment to fitness, and belief in the many benefits of yoga. Val has significant experience with technical writing, developing and leading training programs, and designing and facilitating workshops, meetings, and conferences.

Colorado Humanities is the only Colorado organization exclusively dedicated to supporting humanities education for adults and children statewide. Celebrating its 47th year and its 17th year as host for the Colorado Center for the Book, Colorado Humanities is a 501(c)(3) nonprofit working in partnership 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 Motheread, Inc. Colorado Humanities works with 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 or call 303.894.7951.

Steamboat Creates enhances quality of life and economic vitality for the Routt County creative sector through advocacy, promotion, education, infrastructure, and connections and for our

community and visitors by growing engagement in arts and cultural experiences. Through programs, initiatives, and events, Steamboat Creates nurtures the arts so creativity flourishes. To learn more, visit steamboatcreates.org or call 970.879.9008.

[end]

For more information and interviews, please contact Josephine Jones at Jones@coloradohumanities.org or 720.489.7188 (cell)