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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.

A recent participant stated the workshop helped him to “write about [his] military experience without fear of judgment/stigma,” allowing him to “put to paper thoughts that are in [his] head.”

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/>.

Workshop leader Cindy Skaggs is a military veteran who holds an MFA from Pacific Lutheran University and an MA in Creative Writing from Regis University. She offered Veterans Writing Workshops in 2019-2020 for Colorado Humanities and Mt. Carmel Veteran Services Center in Colorado Springs and statewide online. Her memoir in essays recently won Finalist in the 2020 Monadnock Essay Collection Prize by Bauhan Publishing. She is the author of seven novels of romantic suspense and many journal publications and is also an advocate for military and veteran issues. Mom to two humans and a reluctant wrangler of too many critters, she is a native of Colorado where she teaches graduate and undergraduate creative writing.

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.

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