

4th WEDNESDAYS for women to write

led by Anne Wondra - WonderSpirit soul sistering coaching and writing (WonderSpirit.com)

Offered monthly

10:30 am - 1:00 pm

Unity Center in Milwaukee, 1717 N 73rd Street, Wauwatosa, WI 53213

(UnityCenterinMilwaukee.com)

What to Expect:

- 10:30 am - Gathering / check-in / resources
- 10:55 am - writing (journal, letters; a personal writing project; script your heart's desires; narrative; re-story an emotional incident; ask for a prompt; use resources and bring your own)
- 12:00 - sharing—without-critique

Resources:

- *The Right to Write* by Julia Cameron
- *Women Writing for (a) Change* by Mary Pierce Brosmer
- Note cards,
- Scrap paper
- *Bella Grace Magazine*
- *New Generation Bella Grace*
- *Writer's Inc* reference



Love Exchange: \$12

Get it off your chest. Release emotions. Write letters. Write your dream experiences and wishes. Write whatever's got your name on it to say... Wellbeing is a lot about emotions and hearts and relationships. (Anne Wondra)

RSVP to WonderSpirit at 262-544-4310.