

Therapeutic Creative Writing and Storytelling WORKSHOPS FOR CARERS

Led by award-winning published writer **Karen McKnight** who has lived experience as a carer and has spent years helping individuals and groups to find their voice through writing, these creative writing workshops will cover a range of writing styles such as freewriting, poetry, memoir and fiction-writing, allowing for the development of creative self-expression, storytelling skills and supportive peer dynamics.



Week 1: Stream of consciousness

Letting go of the rules of writing through a range of intuitive, right brain techniques. These work towards reconnecting to oneself, one's values and to what makes life meaningful.



Week 2: Discovering your story

Compiling lists of significant moments and turning points in your life as a way of mapping your journey, observing patterns and discovering the stories you want to tell.



Week 3: The Hero's Journey, story structure & fictionalising

Retelling one's story as a character on a Hero's Journey using a structure which is empowering and enlightening can resolve concerns about privacy.



Week 4: The power of poetry as a therapeutic tool

An introduction to list poetry, Beat poets and poetry prompts to create moving and powerful spoken word poems. Living the Writer's Life: An overview of peer led writing groups, and where to from here.

Use the QR code on the right bottom corner to join the waiting list.
We will contact you via email when we know the date of the next workshop.



Any questions, please contact:

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RSVP essential