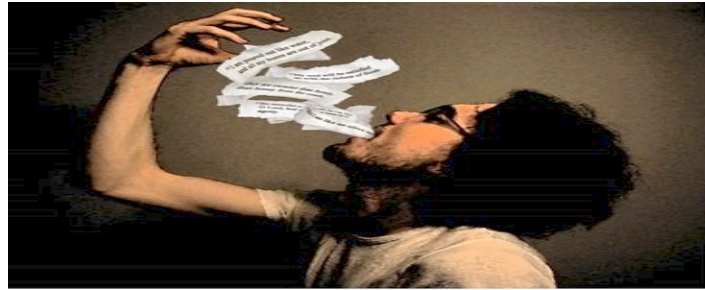


Teens Writing from the Heart of Illness & Healing



Are you a teen with an ongoing mental health or chronic health issue?

Do you write, or wish you could express your feelings and thoughts about your illness and healing, through writing?

In this **8 week workshop we will explore various writing forms as a way to express your health and healing experiences.** There will be a final reading and published book of your work for friends and family. We will explore writing through these, and other, topics:

Coping, Hoping and Letting Down

The Body as Metaphor, The Body as Healer, The Body in Music and Art

I Am Not My Illness/What You Don't Know About Me

WHEN: Thursdays, beginning February 6 – April 3, 2014

TIME: 4:00 - 5:30 pm

WHERE: Odessa Brown Children's Clinic, 2101 E. Yesler Way

WHO: Teens aged 12-18 yrs.

OTHER: Metro tickets available on need basis

FINAL READING: Monday, April 7, 2014

This workshop is led by poet and author, Suzanne Edison. Suzanne is the parent of a child living with an autoimmune illness and has written extensively about her journey as a parent. She has taught movement, writing and creative expression to teens in schools and formerly in her work as a psychotherapist. She is the family support director for the Cure JM Foundation, a member of the Family Advisory Committee at Seattle Children's Hospital (SCH) and teaches a writing workshop for parents of children with chronic illness at SCH.

Aaron Counts, poet, Writers in the Schools teacher, co-author of Reclaiming Black Manhood will also facilitate this workshop.

This project is funded by the 4Culture of King County and supported by Odessa Brown Children's Clinic, a Seattle Children's Hospital affiliate.

For more information or to sign up, contact either: Seema Mhatre, LICSW, MPH – Odessa Brown Children's Clinic 206-987-7222 seemamhatre@seattlechildrens.org or Suzanne Edison, MA - suzanne.edison@curejm.com

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