

Lilliana Mendez-Soto, Pharm.D.
Group Leader/Facilitator

Lilliana has been a practicing pharmacist for over 20 years specializing in the fields of cancer treatment/pain management, psychiatry, infectious disease and IV nutrition. She currently works providing home infusion pharmacy services for Kaiser Permanente. She began participating in Sutter's Literature Arts and Medicine Program writing groups (Sutterwriters) in 2003 after undergoing surgery. She led Sutterwriters groups in the hospital from 2005-2007 under the direction of its founder, Dr. Lawrence Spann. Since then, she has led and participated in the Thursday morning writing group in East Sacramento. She has been a writer since early childhood and has a novel and collection of poetry in progress. Lilliana, an Affiliate of Amherst Writers and Artists, has trained with Pat Schneider, the founder of the AWA Method.



www.amherstwriters.com

*East
Sacramento
Writing
Groups*

An affiliate of the

UC Davis

*Writing As Healing Program
and*

Amherst Writers and Artists

*(Formerly affiliated with the
Sutterwriters program)*

Who We Are

East Sacramento Writing Groups use the Amherst Writers and Artists Method (AWA) developed by Pat Schneider. The philosophy is simple: Every person has a story to tell—that makes every person a writer. The power of telling one's story cannot be underestimated. Its power lies not only in being heard and witnessed without judgment but in letting words flow out of one's body onto the page. Whether the words come from personal experience or one's imagination, the East Sacramento Writing Groups provide the time and space to tell one's story.

The Practice

Participants write together in response to a prompt, and the leader writes and reads along with the participants. The group responds to new writing with positive feedback gently guided by the leader, focusing on what was strong about the writing. No questions or suggestions are offered to brand new work. All work is treated as fiction to protect the vulnerability of the writer and is not discussed outside the group. Although the AWA method is not therapy, it has a great healing potential and is a wonderful outlet for creative expression and

generating new material. Beginning and experienced writers are welcome. Individuals who are dealing with health concerns, life transitions, caregivers and health care providers are encouraged to participate.

East Sacramento Writing Groups also offers a group that is focused on receiving feedback from other writers on work that is submitted in manuscript form. Participants need to have a solid foundation in writing and group participation with the AWA method before participating in this group. Contact Lilliana for more information.

Expressive Writing As Healing

Expressive writing has the potential to:

- *Reduce stress*
- *Decrease symptoms*
- *Strengthen immune systems*
- *Shorten recovery periods*
- *Improve family relationships*

There is a growing body of research that shows that writing one's thoughts and feelings about stressful events can be healing for body and mind. The AWA method provides a unique and safe space in which to tell stories of both joy and struggle, which can help people move through and beyond life's complicated events.

Schedule

Thursday Morning Writing Group 10:00 a.m.-noon

Summer Sessions (6 weeks)

June 17- July 22

July 28- September 2

Cost: \$30 per 6-week session

Fall Sessions (8 & 6 weeks)

8-week Session

September 9 – October 28

Cost: \$40 per 8-week session

6-week Session

November 4 – December 1

(No meeting on Thanksgiving)

Cost: \$30 per six-week session

Groups are limited to 14 participants, with a minimum of 6. Please plan to attend a minimum of 4 of the 6 sessions, as this is important to the group process. Registration deadline for groups is 1 week before the first meeting.

Groups meet in East Sacramento at a wheelchair-accessible facility.

For more information or to register, contact Lilliana Mendez-Soto at:

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www.lillianamendezsoto.com

Payment may be made by cash, check or Paypal.