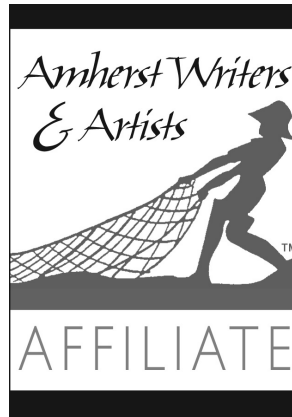


**Lilliana Mendez-Soto, Pharm.D.**  
**Group Leader/Facilitator**

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](http://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

The group writes 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 and what stayed with you. 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. We also encourage individuals who are dealing with health concerns, life transitions, caregivers, and health care providers 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 the AWA method before participating in this group. Participation per facilitator discretion. 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 literature which shows that recording our deepest 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 one move through and beyond life's complicated events.

## Schedule 2011 (6 week sessions)

### Thursday Morning Writing Groups

**Revision Group 9:00am-9:50am**

**Writing Group 10:00am-noon**

**Wednesday evening group forming, contact facilitator to get on list**

### Winter

January 20- February 24  
March 17- April 21

### Spring/Summer

May 12 –June 16  
July 7- August 11

### Fall

September 1-October 6  
October 27- December 8  
(No meeting on Thanksgiving)

### Cost: \$30-60 sliding scale/session

Groups are limited to 14 participants, with a minimum 6 for writing group. 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 prior to beginning of session.

Groups meet in East Sacramento & the facility is wheelchair accessible.

For more information or to register Contact Lilliana at:

[lcmenendez@gmail.com](mailto:lcmenendez@gmail.com)

(916) 548-2352