

Title: Writing from the Hart: A Writer's Workshop

Facilitator: Jaymee Kjelland

Jaymee has trained with Pat Schneider, founder of The Amherst Writers & Artists (AWA), and been a member of Sacramento Sutterwriters since 2002. She has taught English and language arts to students from kindergarten through graduate school.

She believes in the AWA philosophy that everyone has a strong, unique voice; everyone is born with creative genius; writing belongs to all people, regardless of economic or educational level; teaching of writing can be done without damage to artistic self-esteem; and **a writer is anyone who writes**.

In this workshop, time is given to exercises that help the writer develop new skills or strengthen the skills already present. All participants, including the facilitator, are expected to write. Writers may choose to read their writing if they wish. The facilitator will provide a non-judgmental environment that gently supports each writer.

The Hart Senior Center requires participants to be over the age of 50. Call the Center at 916-808-5462 for more information.