

Poetry Therapy

with Christine Ellsworth

Select Thursdays, 7:00 - 8:30 pm

May 23 * June 20 * July 18 * August 15 * September 19

Members: \$20 for series

Nonmembers: \$25 for series

The Red Door Art Gallery invites you to join Christine Ellsworth in a five-week poetry therapy journey! During select Thursdays over the summer, from 7:00 - 8:30 pm, we'll meet in the Gallery Classroom and read, talk about, and write poetry together. Our goal? We'll find ways to understand and embrace the personal transformation in our lives, whether that's from one decade of life to another, from one right of passage to another, one vocation to another. We're all in the midst of transformation in life and poetry can help us move through it with grace and humor.

Christine Ellsworth is in her third year of poetry therapy facilitation training to become a certified CAPF through the International Federation of Biblio-Poetry Therapy (ifbpt.org), and works with her mentor Geri Giebel Chavis, a poetry therapist and author of several books including Poetry and Story Therapy: The Healing Power of Creative Expression (Writing for Therapy or Personal Development).



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