

Boulder Book Store Presents

Writing as Radical Self-Care



A writing workshop
with

Jen Cross

Saturday,
March 3rd
from ***2-4pm***



Writing is a way to discover and honor our resilience, and is a powerful practice of self-care. In this writing workshop, author and facilitator Jen Cross invites you into a transformative writing practice in order to create art and beauty out of difficult or complicated life experiences. You'll leave the workshop with new writing, connection with a local writing community, and a renewed appreciation for the power of your creative genius.

Jen Cross has facilitated sexuality and sexual trauma survivors writing workshops for over a decade, and has worked with hundreds of writers throughout the U.S. She is the author of *Writing Ourselves Whole: Using the Power of Your Own Creativity to Recover and Heal from Sexual Trauma*. Her fiction and creative nonfiction have appeared in over 50 anthologies and periodicals. Find out more at writingourselveswhole.org

**Tickets are \$40 and include a copy of
Writing Ourselves Whole
Purchase tickets at the store or over the phone**



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