

### Core Classes

Our 8 and 15 week Core courses are offered throughout the year. The featured focus is writing in and building a community. Writers are encouraged to explore their own writing styles. Writers request the type of feedback they want, based on their motivation and intentions. The process creates a safe space for individuals to develop their own voices and offers opportunities for their words to be heard and honored without judgment.

#### **Fall Term – 15-week courses - \$475**

**Mondays, Sept. 9-Dec. 16, 7-9:30pm – Sally Schneider**

**Wednesdays, Sept 4-Dec. 18, 7-9:30pm – Diane Debevec**

#### **Fall Term I – 8-week courses - \$249**

**Tuesdays, Aug. 27-Oct. 15, 10am-12:30pm – Sally Schneider**

**Thursdays, Aug. 29-Oct. 17, 10am-12:30pm – Phebe Beiser**

#### **Fall Term II – 8-week courses - \$249**

**Tuesdays, Oct. 29-Dec. 17, 10am-12:30pm – Sally Schneider**

**Thursdays, Oct. 24-Dec. 19, 10am-12:30pm – Phebe Beiser**

### Free Samplers

#### **FREE Core Class Sampler**

**Saturday, October 22, 11am-12:30pm – Sally Schneider**

Join us for a FREE Sampler, designed to introduce new participants to a sampling of our Core class before committing to an 8 or 15-week course. Join us now for FREE!

### Programs for Young Women

YW programs are open to girls and teens in grades 4-12. Classes and camps use the art of writing and other arts to enhance self-esteem and build skills in creative self-expression. Programs are designed to help strengthen girls' authentic voices, develop their ability to speak out through writing and direct interaction, and deepen their belief in their own creative intelligence.

### Fall YW Classes

#### **Girls' Fall Session (grades 4-7) - \$179**

**Facilitator: Katherine Meyer**

**Sundays, September 29-Nov. 3, 2-5pm**

#### **Teen Fall Session (grades 8-10) - \$179**

**Facilitator: Andrea Rotter**

**Sundays, September 29-Nov. 3, 2-5pm**

#### **YW Fall Workshops (grades 10-12) –**

**\$65 each or \$179 for the series**

**Facilitators: Andrea Nichols and Mindy Flask**

**Saturdays, November 9, January 25, and April 12, 9am-4pm**

### WWf(a)C Specialty Workshops

#### **Fall SoulCollage® Circle - \$149 (all materials included)**

**“Reflecting on our own ‘Hero’s Journey”**

**Facilitator: Sara Pranicoff**

**Fridays 9/6; 9/20; 10/4; 10/18; 11/1; 11/15, 10am-1pm**

SoulCollage® is a creative soul-tending practice of creating, over time, a deck of cards which are uniquely reflective of you. The process of intuitively choosing and layering images onto individual cards awakens and expresses various aspects of yourself and makes them better known to you; it is a means of knowing who you deeply are and who you are becoming. Discover how the images you are drawn to can enrich and inform your own unfolding story as we explore the stages of the Hero's Journey through SoulCollage®. For those new to the SoulCollage® process there will be a brief introductory orientation from 9:30 - 9:50 on the first day of class.

#### **Maintain Your Writer's Shape - \$12 each or 5 for \$55**

**Facilitator: Annette Wick**

**Fridays, September 6-November 22, 10am-11am**

Looking to sustain or jump-start your writing practice? Join WWf(a)C on Friday mornings, for a focused, one-hour, facilitator-led writing circle. Each session will incorporate the following practices of WWf(a)C: Opening with a poem, fastwrites, cross-talk on writing, large group readaround. \*Does not include small group time. This one-hour circle is a new format as WWf(a)C explores creative ways to reach writers challenged by life's commitments.

**Requirements:** Past or current members of WWf(a)C only.

#### **Creating a Healthy Lifestyle with Journaling - \$125**

**Facilitator: Dawn Koch**

**Saturdays, September 7-28, 10am-12:30pm**

Support and motivation are two of the most important tools for creating and maintaining a healthy lifestyle. Join this supportive group of women, each with their own individual goals for wellness. Get motivated and commit yourself to creating healthy changes in your life with inspirational writing prompts, lively discussions, recipe shares, fitness suggestions, and an abundance of guidance and support in a non-judgmental environment. All are welcome, no matter where you are on your journey or what your individual goals may be. Begin to change your life one day at a time; one page at a time!

#### **So You Want to Write Fiction? Level 1 - \$115**

**Facilitator: Marisa Becker**

**Saturdays, September 28-October 19, 2-5pm**

“I have always wanted to try writing fiction, but I'm not sure how to start.” Does this sound like you? This offering is designed for beginners and dabblers in fiction-writing. Over four Saturday afternoons, we will discuss, explore and experiment with the building blocks of storytelling. Engage your imagination with brainstorming techniques and exercises in plot structure, character development, dialogue, and description. Enjoy the benefits of learning in a supportive environment with plenty of opportunities to share.

### WWf(a)C Specialty Workshops Cont.

#### **Meditation and Writing - \$35**

**Facilitator: Phebe Beiser**

**Saturday, October 12 2013, 10am-1pm**

Have you ever wanted to try meditation? Have you meant to do a regular practice yet resisted time after time? Are you familiar with the thoughts (monkey mind) that intrude when attempting peaceful moments? Then join us for several short sitting periods interspersed with journaling. We will experience how much these two practices--writing and meditation--have in common and how they can enhance one another. Themes will include writing, journaling, meditation, mindfulness, compassion, and acceptance. Please bring a journal and a cushion if you have one.

#### **2013 National Novel Writing Month Challenge - \$90**

**Facilitator: Marisa Becker**

**Sundays, October 27-December 1**

Join enthusiastic fiction writers as we plunge headlong into the novel-writing process during the month of November - National Novel Writing Month, or NaNoWriMo. NaNoWriMo is a fun, adventurous way to smash right through writer's block and continue in a crazed marathon sprint to the finish line. Using the 50,000-word recommendation as a guideline, not a requirement, we'll support each other and have fun along the way as we tackle our first (or second, or third...) drafts. Curriculum includes plenty of in-class writing and sharing time as well as informal discussion of writing topics and struggles.

### Special Series

#### **Book Club - Free**

**Our Book Club will be taking the summer off but will return this fall with more great fiction selections! We hope you'll join us then!**

#### **SAVE THIS DATE!**

**Saturday, October 19<sup>th</sup> - 6:30PM-9:00PM**

### **WWf(a)C, A Taste of Wine and Art**

**Wine, Art, Silent Auction and Fun.**

**If you are interested in helping with the event or for further information, please contact:**

**Laurie Fitzgerald Althaus: [513-785-0673](tel:513-785-0673)  
or Mardee Sherman: [513-520-7860](tel:513-520-7860)**

**Special Programs and Events-** Offered by Friends of WWf(a)C. *Special programs do not typically incorporate WWf(a)C circle practices.*

#### **Friday Salons - Dates TBA**

**Fridays 6:30-8pm**

**(Potluck at 6:30/Discussion at 7pm)**

A salon is a gathering held partly to amuse one another and partly to refine taste and increase our knowledge through conversation. Potluck at 6:30PM, 7PM discussion begins. The discussion takes place around a large table as we enjoy the philosophers of our time while sharing food. This event is open to all. Suggested donations \$5. RSVP via email to [womensway@ymail.com](mailto:womensway@ymail.com) to confirm a seat at the table or call 513-923-1414 [www.womenswayohio.org](http://www.womenswayohio.org) | Sponsored by Women's Way of OH/KY and WWf(a)C.

#### **Reiki Share - \$25**

**Facilitators: Linda Neumaier, Tess Olson, Elizabeth Tait**

**Sunday October 20, 1-4pm**

**Special Live Music: Nancy Bick Clark, Celtic harpist**

Reiki Share is a time for anyone attuned to Level I, II, or III to come together to give and receive Reiki. We are thrilled to have live music for the Share from Nancy Bick Clark, an accomplished professional harpist. Nancy has studied and been attuned to Reiki, and infuses her beautiful music with a subtle healing energy. Please join us for an afternoon of relaxation, rejuvenation and healing.

#### **First Draft to First Sale: Self-Publishing Your Book - 4 Steps to Success - \$35**

**Facilitators: Jennifer Sauers and Kristi Woodworth from Beyond the Trees, LLC**

**Saturday, November 9, 2013, 10am-12pm**

It is said that everyone has at least one book inside them. If you have written, or thought about writing a novel, memoir, poetry collection or cookbook, join local independent publishing advisors Kristine Woodworth and Jennifer Sauers to learn how easy it can be to turn your work into a published book. Whether it's just for the family or to sell to the world, you'll get step-by-step instructions on taking your work from first draft to a published book, and even your own listing on Amazon.com.



*The mission of WWf(a)C is to nurture and celebrate the individual voice by facilitating supportive writing circles and by encouraging people to craft more conscious lives through the art of writing and the practices of community. For more information about our programs or our organization, visit [www.womenwriting.org](http://www.womenwriting.org) or call at 513-272-1171*

WWf(a)C is supported in part by ArtsWave

