

## 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.

### Spring Term – 8-week courses - \$249

**Tuesdays, March 19-May 7 10am-12:30pm** – Sally Schneider  
**Thursdays, March 21-May 9 10am-12:30pm** – Phebe Beiser

### Summer Term – 8-week courses - \$249

No Classes on July 2, 3, & 4

**Tuesdays, June 4-July 30, 10am-12:30pm** – Sally Schneider  
**Wednesdays, June 5-July 31, 7-9:30pm** – Diane Debevec  
**Thursdays, June 6-Aug. 1, 10am-12:30pm** – Phebe Beiser

## Free Core Class Sampler

**Facilitator: Sally Schneider**

**Tuesday, May 14, 11am-12:30pm**

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!

## Retreats

### Summer Writing Retreat for Women - \$630/\$595

**Facilitator: Mary Ann Jansen**

**July 14-20, 2013**

Join facilitator Mary Ann Jansen for a spacious week of writing and renewal in lovely Oldenburg, Indiana. Our week will follow a pattern of structured and free time, alone and together, with mornings for individual writing, afternoons for small groups and evenings for large group activities and readings. We will allow ample space for writing, walking, dreaming, and resting. This is an opportunity to go deep with a project, or to start something you've been imagining anew.

**\*\*Early Bird Special - \$595 if registered by April 2nd!\*\***

## 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.

### Summer Camp - \$269/\$249 (Early Bird Special by 4/2)

**Girls (grades 4-6): June 10-14, 9am-4pm**

**Teens (grades 7-9): June 17-21, 9am-4pm**

**Young Women (grades 10-12): June 24-28, 9am-4pm**

## Conscious Feminine Leadership Academy

Formerly known as the Feminist Leadership Academy (FLA), the Conscious Feminine Leadership Academy (CFLA) has returned to WWf(a)C. Two week long retreats will be led by Mary Pierce Brosmer, at Grailville, June 14 - 21st and July 19- 26th. A 3rd retreat for those interested in opening an affiliate site in another city will be held in August. For more information, attend the **Free Information Session: April 13, 10:00-12:30 pm**

## WWf(a)C Specialty Workshops

### Rest, Renew, and Reveal - \$30

**Facilitators: Bev Palmer and Ron Esposito**

**Saturday, April 13, 1:30-3:30pm**

Re-ignite your creativity by taking time to turn inside. Join us for an afternoon of relaxation with the powerfully transforming practice of combining Yoga Nidra, with reflective journaling. The language of the body, the healing vibrational energy, and the written word combine in an integrative practice that opens the channels of energy for a deeper experience of yourself and insights that may take your writing to a new level.

### An Evening with Shakespeare - \$20/\$15

**featuring The Cincinnati Shakespeare Company**

**Facilitator: Casey Frazee**

**Tuesday, April 16 - 2013, 6-8:30pm**

Enjoy an evening performance showcasing the Bard's famous love scenes and sonnets. The family friendly show will be performed by actors from the **Cincinnati Shakespeare Company!** The performance will be followed by a traditional Women Writing for (a) Change writing and discussion circle.

### Spring Awakening - \$30

**Facilitator: Kaya Kotzen**

**Saturday, April 27, 1-4pm**

How would you like your life to be this spring? What seeds have you planted this winter that need to be nourished into bloom? Join us as we write and create our visions for the rest of 2013. We will use some meditation, creative exercises, music, and movement (optional) to unleash our spirit yearnings. Bring a notebook and any symbol of spring or your soul to place in the center circle.

### Exploring Dream Language - \$125

**Facilitator: Glo Redmond**

**Wednesdays, May 1-29, 10am-12pm**

This workshop will be dedicated to creating a community of dreamers and writers sharing night visions and giving rise to words. We recall the story of the dream in images and metaphors, as well as settings, feelings, characters and color. Fusing The Haden Institute group dream process with the writing process practiced at WWf(a)C, we will journey into dream scripts. The dream as it is told will hold energies for the dreamer and the others in the group. Our object is not to interpret the dream but to acknowledge the symbols and explore them in writing.



## **WWf(a)C Specialty Workshops (cont.)**

### **Celebrate Parent's Day with Writing - \$20/\$15**

**Facilitator:** Casey Frazee

**Sunday, May 5, 2013, 1-3:30, Registration Deadline 4/28**

Join us for a special celebration of mothers, fathers and parental figures. This unique inter-generational writing workshop will observe both Mother's and Father's Day through writing, discussion and sharing. Participation is encouraged for people at any stage of life and from all writing skill levels. Come with an intention to continue growing the special relationship between parents and children. Mentors, Godparents, and/or other parental figures are welcome to attend with those you mentor and support. Snacks and beverages are provided.

### **Meditation and Writing**

**Facilitator:** Phebe Beiser

**Saturday, May 18, 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, acceptance. Please bring a journal and a cushion if you have one.

## **Special Series**

### **Book Club – Free**

**Facilitators:** Christine Schiff and Diane Debevec

Join us on the last Sunday of each month for a FREE Book Club discussion! The Book Club will follow the processes used at Women Writing for(a) Change, to offer an intentional circle using writing and conversation to broaden and deepen our understanding of each book. We will explore the obvious and not-so-obvious places where we discover the conscious-feminine. We will also discuss plot, structure, voice and narrative, and which of these enabled us on our journey with these characters and story.

**March 24:** *The Wife* by Meg Wolitzer - **April 28:** *The Descendants* by Kauai Hart Hemmings - **May 19** – *In the Lake of Dreams* by Kim Edwards. Book Club meets 3-5pm.

## **Special Events - Offered by our Partner Organizations**

**Special events do not typically use WWf(a)C circle practices.**

### **Spring Sing – Singing in the Sacred Circle**

**Saturday, March 30, 12:30-3:30pm, \$10 Donation Suggested**

Join Shelley Graff as we sing back the warm air, the budding flowers, and the gentle rains in this sweet time of renewal and rebirth. This opportunity is intended to allow women, regardless of singing experience, to share their voices in a noncompetitive, relaxed safe space. Come sing along! Percussion instruments are welcome as well! Please bring a journal and a short seasonal piece (ie. poem or chant) for sharing (optional).

**Reiki Level 1 - Saturday & Sunday, April 6 & 7 1-4pm \$150**

**Reiki Share - Sunday April 7<sup>th</sup> 1-4pm \$25**

**Registration Deadline:** Friday, March 29, 2013

**with Linda Neumaier, Tess Olson, and Elizabeth Tait**

**Reiki Level I:** Co-learners will attain knowledge of the body's energy system; gain awareness of energy healing of the physical body of self and others; receive a Level I attunement and be able to give and receive physical proximity healing energy through hands-on or light touch. Please see our website for more information.

**Reiki Share:** Special Live Music: Nancy Bick Clark, Celtic harper  
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 harper. 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.

### **SWAN Day 2013**

**In Partnership with Women's Way of OH/KY**

**Sunday, April 14, 1-6pm, doors open at 12:30pm**

**\$20 Donation Suggested**

A celebration of the artistic work of women! Opening remarks by Mary Pierce Brosmer. Enjoy a full afternoon of music, storytelling, spoken word, poetry, artists, authors and open mic. Musical guests include Raison D'Etre, Jamie Fota, Paulette Meier, and Kim Gerhold with TRU. Refreshments available.

### **V-Day Event: Until the Violence Stops**

**Facilitator:** Diane Debevec

**Friday, April 26, 6:30-9pm \$10 Donation Suggested**

Join Women Writing for (a) Change for this important V-Day event, as we gather to learn about the growing V-Day movement, while supporting local efforts to help victims of abuse. The evening will begin with a screening of the documentary film "Until the Violence Stops" featuring Eve Ensler. A discussion led by Diane Debevec will follow. Benefits Women Helping Women.

**Friday Salons are currently on hiatus, but resume on**

**May 3 with a return appearance by Rev. Louisa Dyer!**

**Friday, May 3, 6:30-8pm (Potluck at 6:30/Discussion at 7pm)**

Join us for another evening which will focus on Personal Spiritual Connection. Rev. Dyer is a Metaphysical Minister, Author & Life Coach ([www.louisadyer.com](http://www.louisadyer.com)) with a Masters in Holistic Psychology & 27 years of counseling experience. For information or to RSVP, call 513-923-1414 | Sponsored by WWf(a)C and Women's Way.

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