

# POETRY WRITING CIRCLE

AN ONGOING PROJECT OF THE THERAPEUTIC EXPRESSIVE ARTS INSTITUTE OF SOUTH TX



Lead by:  
Cyra Dumitru  
Poet and Poetic Medicine Practitioner

Join us at THE CENTER for a **no-cost**, monthly Poetry Writing Circle. Poetry circles are open to anyone 18 years of age and older. No experience with writing poetry is necessary! Bring your notebook or journal. Please register in advance.

Expressive therapeutic rhythm making can have many benefits, including:

- Accelerating physical healing and boosting your immune system.
- Feeling more connected with others.
- Feeling of well-being.
- Relieving emotional trauma.
- Reducing stress.

**EVERY THIRD SATURDAY:  
10:00 A.M. UNTIL 12:30 P.M.**

TO RESERVE A SEAT, PLEASE CALL OR EMAIL US:  
210-616-0885 OR EMAIL [LCENANOVIC@ECRH.ORG](mailto:LCENANOVIC@ECRH.ORG)

JANUARY 18  
FEBRUARY 15  
MARCH 21  
APRIL 18  
MAY 16  
JUNE 20

JULY 18  
AUGUST 15  
SEPTEMBER 19  
OCTOBER 17  
NOVEMBER 21  
DECEMBER 19



## HEADQUARTERS

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For Information please call Lejla at 210.616.0885, x 214



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