

POETRY WRITING CIRCLE

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

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 poem-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.

8310 Ewing Halsell Drive San Antonio, TX 78229
Every Third Saturday: 10:00 am to 12:30 pm
Led by Cyra Dumitru, Poet & Poetic Medicine Practitioner.

To sign up for our poetry writing circle, please call or email us: **210.616.0885** or email **Lejla** at Lcenanovic@ecrh.org.

2023

January 21	May 20	September 16
February 18	June 17	October 21
March 18	July 15	November 18
April 15	August 19	December 16

