**BIBLIOTHERAPY FOR HUMAN RIGHTS**

**A WORKSHOP SERIES WITH SHARMILA SEYYID, ARTIST PROTECTION FUND FELLOW IN RESIDENCE AT UNO**

Jul 23, 22 | 5:00-7:00 p.m.
Aug 13, 22 | 5:00-7:00 p.m.
Aug 27, 22 | 5:00-7:00 p.m.

LOCATION:
The KANEKO
1111 Jones Street, Omaha

*REGISTER HERE. Space is limited. RSVP is for all three workshops

These are relaxing and stimulating writing workshops. Writing as a way of healing is both gentle and effective. The goals of this introductory workshop are to:

* Create community
* Promote personal recovery, transformation, and transcendence
* Ease depression and anxiety; Maximization of resilience, development of healthy "connections"
* Self-empowerment, increased awareness by others about the potential for recovery
* Improve the mood and feel a great sense of well-being

Questions: goldsteincenter@unomaha.edu