

# 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*

