

Cabrillo College **Extension**



Memoir Writing: *Exploring Memories and Meaning*

**Saturday,
Nov. 14th, 2009
9:30 am - 4:00 pm
Room 435**

***Registration fee*
*\$82***

In this one day workshop you will explore some of the poignant memories and stories that have shaped your life. With innovative exercises for eliciting memories and writing memoirs, you will discover stories that may surprise you with their power for self-discovery. As you reflect upon the events that make up your life, you will notice the continuous thread that weaves through your experiences, deepening an understanding of who you are, and offering a sense of clarity, meaning, and purpose for your life.

Register online at www.cabrillo-extension.org or call (831) 479-6331

Class #01ERMW1-09

CEU's for MFT's and LCSW's can be offered upon request

Lauren Mari-Navarro, LCSW is a psychotherapist in private practice in Santa Cruz. She leads groups on themes of meaning and purpose, using writing as a medium for self-discovery. She is a trained facilitator in both the "Mining Your Life for Meaning"* writing process, and SoulCollage@**.

For more information on Lauren's Cabrillo College Extension classes please check out this website:

www.laurenmarinavarro.com