



COLORADO ARTISTS IN RECOVERY PRESENTS

WRITING IN RECOVERY

WITH JEAN UNGER

Life in Writing – Live it. Write it. Tell it

Writing – and telling – our stories provides innumerable benefits.

- It's therapeutic. We uncover hidden thoughts and feelings. We learn about ourselves.
- Our self-esteem improves when we illicit interest, curiosity and respect from our listeners.
- We create community as we bond over our similarities.
- We feel less isolated discovering we have shared experiences.
- We learn about others and gain empathy from hearing their stories.

THIS IS A FREE WORKSHOP FOR THE RECOVERY COMMUNITY

Tuesday evenings, 6:30pm-7:30pm, Starting July 13th

HYBRID (IN-PERSON OR ZOOM OPTION)

66 South Logan St., Denver, CO.

For more information or to enroll

go to

Coloradoartistsinrecovery.org

