

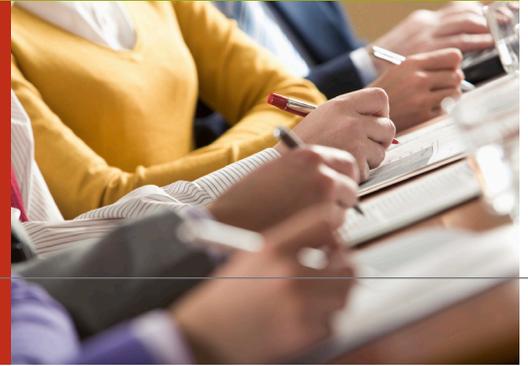
# A GUIDED EXPRESSIVE WRITING & POETRY THERAPY GROUP

Your Voice, Your Story

*I didn't trust it.  
But I drank it anyway  
The wine of my own poetry.*

*It gave me the daring,  
To take hold of the darkness  
and cut it into pieces.*

—Lalla, A Sufi Poet



## WHAT

Come together as a group, and illuminate your path with memories, stories, poems and discussion to discover the story within. Find the right words to tell your own story, in your own way.

Each monthly LifeSPEAKS group workshop is guided by Jennie Linthorst to inspire insight, self-awareness and fresh hope. Jennie listens deeply without judgment, and offers a safe space to express yourself. Through guided writing and readings, Jennie offers compassionate coaching as you begin the process of writing your own story.

## WHEN

Third Tuesday of each Month

7:00 to 10:00 pm

## RSVP NOW - Space is Limited!

\$75 per/month

Payment of 2 sessions (\$150) due at sign-up

Payments accepted via check or PayPal

## WHERE

LifeSPEAKS Meeting Room

713 31st Street

Manhattan Beach, CA 90266

## CONTACT

Jennie.Linthorst@gmail.com

323.448.0690

For information about this workshop & others, visit [lifespeaks-poetrytherapy.com](http://lifespeaks-poetrytherapy.com)



You Write  
**LifeSPEAKS**  
*...a story worth telling*

*“Jennie’s approach is inspiring, accepting and 100% supportive, thereby opening doors for the depth of one’s self to come forth. Jennie helped me re-discover forgotten memories and give them a voice. It is truly meaningful work!” - Angela Williams, 2010*



### ABOUT JENNIE LINTHORST

Jennie Chapman Linthorst is the founder of LifeSPEAKS Poetry Therapy, providing insight and guidance for people of all ages seeking an outlet through expressive writing. Jennie has facilitated poetry therapy workshops at UC Irvine Extension, the University of Santa Monica, and in retirement homes and women’s centers. In addition to her workshops, Jennie works privately with individuals and parents exploring their personal histories through reading and writing poetry.

Jennie holds a BA in Psychology from Skidmore College, and has completed her certification as a Certified Applied Poetry Facilitator from the National Federation of Biblio/Poetry Therapy. In 2011, she received her Master’s degree in Spiritual Psychology from the University of Santa Monica, emphasizing the evolution of human consciousness.

Jennie wrote about her journey as a mother of a child with special needs in her book of poems, *Autism Disrupted: A Mother’s Journey of Hope*. Her poetry has been featured in Edison Literary Review, Forge, Sanskrit Literary Arts Magazine, and forthcoming in *Kaleidoscope* and *Bluestem* magazines. Her work has been featured online at *Hopeful Parents*, *Our Journey Through Autism*, *Wellsphere*, *The SPD Blogger Network*, and *WOW! Women on Writing*.

The compelling story of her son’s early developmental struggles and successful therapies is captured in the award-winning PBS documentary film, *Autistic-Like: Graham’s Story*. [www.autisticlike.com](http://www.autisticlike.com).

Today, Jennie coaches clients all across the country and around the world via phone, Skype, and email, in addition to in person meetings. Jennie lives in Manhattan Beach, California with her husband Erik, and their son Graham. She is a native of Knoxville, TN.



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