

THE WRITING DOULA

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LITERARY/SPOKEN WORD

The Writing Doula provides the following literary workshops: ***Family Scribes***: Using memory-stimulating prompts, participants will turn their past experiences into mini life stories. There will be timed writing and oral sharing of the stories that are produced. This workshop is great for multigenerational audiences as it fosters bonding and enhanced relationships and understanding between youth and adults, families, and friends.

Creative Writing: Engaging in creative expression and self-discovery through writing poetry and prose, these workshops allow for creating an Identity Book containing the students' personal expressions to have as a keepsake for their future selves or family members.

SENIOR PROGRAMMING

The Writing Doula provides the Family Scribes workshop for seniors as well as Griot Legacy Writing in which seniors and elders will engage in writing their gems of wisdom, life lessons, advice, and special moments as written legacies for future generations; Drum and Rhythm Therapy Workshops using African drums and other percussion instruments to engage seniors in mood-stimulating activities; and Spoken Notes workshops which is a poetry workshops that will teach participants how to create rhythmic poetic expressions by tapping into their thoughts, feelings , memories and experiences.

CULTURAL PROGRAMMING

The Writing Doula offers additional cultural programs including ***West African Drum and Percussion Workshops*** and ***Black Hair***

Culture Presentations which is a poetic performance, involving reading, interactive writing, and discussion that centers around the art and culture of Black and African-inspired hairstyles to raise African-centered awareness and foster self and image appreciation.

Participants and audiences aged 6 and older