

# writing our wellness WORKSHOP

## WELCOMING THE UPCOMING SAN GABRIEL VALLEY AQUATIC CENTER



Saturday May 18 2024  
10:00 AM - 12:30 PM  
Hacienda Heights Library  
16010 La Monde St, 91745



Join us for an engaging workshop where we'll **rewrite definitions of health, wellness, and community**, centering "us," our backgrounds, and heritage that reflect **Puente and San Gabriel Valley!** We'll channel creativity through **word collage, imagery, and shared experiences** to craft **meaningful stories and poems**. We will delve into different **storytelling structures**, explore **evocative imagery** grounded in intergenerational teachings about **our local parks, water, the environment, and our connection to the earth**, and learn techniques on how to bring to life the **joys of wellness** in our writing. *All participants will have the opportunity to be published in a culminating book!*

facilitated  
by

**Jessica Ceballos y Campbell** is a trauma-informed multidisciplinary artist and cultural programmer and director of the poetry library, press, and resource center, Alternative Field. (she/they).

**Karineh Mahdessian, MSW** is a social worker interested in art. (she/her)

For more info:



snacks provided

free



Los Angeles  
County  
Arts &  
Culture



Los Angeles County Supervisor

**HILDA L. SOLIS**

First District

