

# WARRIOR WRITERS BAY AREA TRAINING & RETREAT

The Warrior Writers Bay Area Workshop is proud to host Lovella Calica, the founder and director of Warrior Writers, as she leads a full day Warrior Writers Facilitation Training on Saturday, July 9th, and a Day Long Writing Retreat in the Armstrong Redwoods on Sunday July 10th.

Veterans of any era, service members, and community members that are interested in using writing as a tool for expression, healing, and transformation are welcome. We recommend everyone come with at least one other person you feel comfortable working with, supported by, and/or that you want to support.

Please don't miss this opportunity.

## **Warrior Writers Facilitation Training**

Saturday July 9, 2016 | 10AM - 5PM | Room 212, Veterans War Memorial Building, 401 Van Ness Ave, San Francisco, CA 94102

## **Day Long Writing Retreat in the Redwoods**

Sunday July 10, 2016 | 10AM - 5PM | Armstrong Redwoods State Park (Caravan departing from Berkeley at 8:30AM)

## **Registration:**

Registration is required for both the training and retreat. Participants can come to both or either day based on their availability and interest. Please register here: <http://goo.gl/forms/LUoWNNIwjdGQUgnS2>

## **Fees:**

- Warrior Writers Facilitation Training (Lunch included) | Sliding scale \$50.00 - \$100.00 If needed fee can be waved. Please indicate need on registration. Fees can be paid using the donation button here: <http://www.warriorwriters.org/donate.html>
- Day Long Writing Retreat in the Redwoods (Lunch included) | No fees, but a donation of \$20.00 - \$40.00 would be greatly appreciated to help cover the costs of supplies, food, and gas. Attendees should bring money for dinner. Warrior Writers will not be covering dinner expenses. Donations can be made here: <http://www.warriorwriters.org/donate.html>

If you have any questions please contact San Francisco Bay Area Warrior Writers Organizer, Aaron Hughes [aarhughes@gmail.com](mailto:aarhughes@gmail.com) | 217-898-9083

## **WARRIOR WRITERS FACILITATION TRAINING**

Saturday 10AM - 5PM | Room 212, Veterans War Memorial Building, 401 Van Ness Ave, San Francisco, CA 94102

This training is primarily for individuals already involved in Warrior Writers. The training is geared toward developing new Warrior Writer facilitators by reviewing best facilitation practices, sharing peer/self evaluation techniques, and rooting attendees in Warrior Writers mission and vision.

Veterans, service members, and community members who have been involved with Warrior Writers, but have not yet facilitated workshops, are welcome to come and learn. We recommend everyone come with at least one other person from your community whom you plan to organize workshops with or are already collaborating with to prevent burnout and share the workload. We request all teams have at least one veteran or service member organizer, so please plan accordingly.

**Tentative Schedule:**

10:00AM: Session One  
12:00PM: Lunch  
1:00PM: Session Two  
3:00PM: Break  
3:30PM: Session Three  
5:00PM: Closing  
6:00PM: Optional community dinner off site

**DAY LONG WRITING RETREAT IN THE REDWOODS**

Sunday 10AM - 5PM | Armstrong Redwoods State Park (Caravan departing from Berkeley at 8:30AM)

This daylong retreat and writing workshop is for veterans of any era, service members, and community members that are interested in getting out into nature and want to experiment with using writing and walking as a tool for reflection, healing, and transformation.

In the midst of the Armstrong redwood forest, this daylong retreat and writing workshops will be peer lead by veterans and community members and focus on creating a space for veterans and service members to speak openly and honestly about their military experiences. The workshop will provide a creative community for self-expression and reflection, while also fostering mutual understanding and peer-to-peer support. Participants will be encouraged to take silent reflective walks, immerse themselves in the forest, free write, explore memories and thoughts through writing prompts, share their writings, tell their stories, and voice their opinions with other workshop participants.

Transportation from the Berkeley Ashby BART Stop to Armstrong Redwood State Park will be available.

**Tentative Schedule:**

8:00AM Gather at Berkeley Ashby BART Stop to caravan to Armstrong  
8:30AM Depart for Armstrong  
10:00AM Nature Walk  
12:00PM Lunch  
1:00PM Writing Workshop & Reflection in the Redwoods  
5:00PM Depart for Berkeley or dinner in Santa Rosa  
6:00PM Dinner in Santa Rosa  
7:30PM Drive to Berkeley

**ABOUT**

**Warrior Writers:**

Warrior Writers mission is to create a culture that articulates veterans' experiences, build a collaborative community for artistic expression, and bear witness to war, and the full range of

military experiences. Warrior Writers is a program of CultureTrust Greater Philadelphia, members and workshops can be found across the United States. Warrior Writers is not part of or funded by Veterans Affairs or any other organization. It is important that we maintain our autonomy because some veterans are resistant to institutional settings; many have said they feel comfortable with Warrior Writers because we are informal and provide a real sense of community.

**Lovella Calica:**

Lovella Calica is a writer, editor, photographer, and multi-media artist. She is also the founder, director, facilitator, and catalyst of Warrior Writers. She has worked with veterans for ten years. She edited four anthologies of veterans' writing and is the partner of an Iraq War veteran. She received three Art and Change grants from the Leeway Foundation and was honored with the Transformation Award in 2009. She self-published her first chapbook of poetry in 2006, and second in 2011.

**Armstrong Redwoods:**

Armstrong Redwoods is a tranquil setting to explore ones military experience. Armstrong Redwoods State Natural Reserve is a state park of California established to preserve 805 acres of coastal redwoods (*Sequoia sempervirens*). The Parson Jones Tree is the tallest tree in the grove, measuring more than 310 feet (94 m) in height. The Colonel Armstrong Tree is the oldest tree in the grove, estimated to be over 1400 years old. The park has a visitor center, outdoor amphitheater, & picnic area.