

Web Page Tab & Brochure (Tri-Fold)

## **Our Storied Lives: Guided Autobiography/Life Story Writing and Sharing Group**

You have a story to tell. You have a story worth hearing.

Your life is full of story: Stories of adventure and relationship, love and loss, humor and hardship, resilience and wisdom.

Collectively, our stories become a portal of understanding, healing, and connection.

Rooted in a common humanity, we come to appreciate how we flourish differently, creating a diverse and wonderful world.

At the **Our Storied Lives** group, we come together to write and share these stories, 2 pages at a time. Led by your certified Guided Autobiography facilitator, group members experience a time of creativity, connection and community.

Over the course of six weeks, we will write and share stories from our lives, 2 pages at a time.

In our weekly gatherings, we will consider themes that unite us, explore ways to write about our unique experiences, and share our stories.

Guide: Margie Lang-Garnhart, LCSW, certified Guided Autobiography Instructor

Time:

Dates:

Location:

To register:

More questions: Email me!

Pre-Requisites:

Commitment to attend regularly.

Commitment to write 800-1000 words (about 2 pages) on common/assigned themes and willingness to share these stories with the group.

Web Page Bio:

Throughout her career, a common thread weaves its way through Margie's work: a genuine passion and investment in supporting healthy, thriving connections with one another, with our communities and within ourselves – through the telling of life stories. Individually, in groups or workshops, our stories have the power to connect and heal us.

Through each chapter of her own life and career as a counselor, group facilitator, program director in various settings, Margie had invested in creating safe, healing, and normalizing places for individuals and groups to share their stories - spaces that support growth, connection, creativity and expression.

In addition to her professional roles, Margie enjoys running, being outdoors, hiking, biking, heading to the beach, music, and, most of all, time with her family.