



Write About Your Life

Presented by: *Allison Grosfield*

Friday June 12 & Thursdays 18, 25, 2015

1:30 pm - 4:30 pm

Vista Del Monte - Sierra Madre Room
3775 Modoc Rd, Santa Barbara



Learn how to capture key life stories and develop them into well-written, interesting pieces to share with family, friends, and future generations. Using writing exercises, examples, and class discussion, students will explore various strategies to stimulate memories and bring them to life on the page.

Discussion topics include how to mine the various stages of your life for significant stories, how to hold your readers' attention, what to do when you get stuck, and how to stay motivated.

Several handouts will be provided during class, including a list of suggested readings. Please bring a writing tablet and pen or pencil.

Please Note: Attendance for this class is limited to 15 people.

ENROLLMENT FORM: Write About Your Life - June 12, 18, 25

VISTAS Members \$30/per person – Non-members \$45.00 per person

Note: At-The-Door Registration is an Additional \$5.00 - if space available

Amount Enclosed \$ _____

Name(s): _____

Telephone: _____ Email: _____

Mail registration form to:

VISTAS Lifelong Learning, Inc., P.O. Box 23228, Santa Barbara, CA 93121-3228

Deadline for registration: June 5th

Please check here if you would like to volunteer to help with refreshments _____

Biography: *Allison Grosfield* is a writer and personal historian. She has an undergraduate degree in English and a graduate degree in counseling. In 2007, she founded a writing and book design service to merge her writing skills with her passion for preserving life stories.

Time and again, she encounters people who regret that they didn't learn more about their parents' or grandparents' lives when they had the chance. Allison shares in those feelings, and by teaching writing workshops, she hopes to prevent future generations from suffering the same regrets.

Allison lived in Santa Barbara as a child and then in Seattle until a few years ago, when she was fortunate enough to again make her home in Santa Barbara.



VISTAS CALENDAR

Seminar/Event	Dates	Time	Venue
Documentary Film Club	3rd Thurs Monthly	10:00 am	Valle Verde Theater
Hospice	May 18	1:30 pm	Maravilla Club Room
Katz -Suppressed Music	May 20, 27, June 3	1:30 pm	Maravilla Club Room
British Africa	June 10, 17, 24	9:30 am	Goleta Library
Write About Your Life	June 11,18, 25	1:30 pm	Vista del Monte Sierra Madre
<i>Coming in the Fall!</i>			
Annual Picnic	September 20	12:30 pm	Tuckers Grove
Our Moon	Sept TBA	9:30 am	TBA
The Aztecs	Sept /Oct TBA	1:30 pm	TBA



P.O. Box 23228

Santa Barbara, CA 93121-3228