



## *Write About Your Life*

Presented by: Allison Grosfield

Thursdays, May 8, 15, 22, 2014

1:30 pm - 4:30 pm

Maravilla - Valencia Room  
5486 Calle Real, Santa Barbara

(Please carpool if possible)



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.***



**Biography: Allison Grosfield**, founder of *Looking Glass Life Stories*, is a writer and personal historian, with an undergraduate degree in English and a graduate degree in counseling. In 2007, she founded *Looking Glass Life Stories* 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.

***See back for enrollment form***

ENROLLMENT FORM: **Write About Your Life - May 8, 15, 22**

VISTAS Members \$30, Non-members \$45. Amount Enclosed \$\_\_\_\_\_

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Mail check to: VISTAS Lifelong Learning, Inc. P.O. Box 23228, Santa Barbara, CA 93121-3228  
**Please enroll by May 1, 2014**

\_\_\_\_\_ Please check here if you would be willing to volunteer to help with refreshments

**VISTAS Calendar**

Seminar/Event	Inclusive Dates	Time	Venue
Documentary Club	3rd Tues & 3rd Thurs	2:00 pm	Maravilla Theater
Our Moon	April 14 & 17	9:30 am	Goleta Library
Ottoman Empire	April 7, 14, 21	1:30 pm	Maravilla Club Room
Music & Soviet Politics	April 23, 30, May 7	1:30 pm	Maravilla Club Room
Vietnam	May 5, 12, 19	9:30 am	Goleta Library
Write About Your Life	May 8, 15, 22	1:30 pm	Maravilla Valencia Room
The Psalms...	May 21	1:30 pm	Maravilla Club Room
Woody Allen	May 28 & June 4	1:30 pm	Maravilla Club Room



P.O. Box 23228

Santa Barbara, CA 93121-3228

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these mailings, please let us know.  
vistas@silcom.com or 967-6030.  
We can keep you on the email list.  
Thank you.*