

voices breaking boundaries  
crossing borders, sustaining dialogue, inciting social justice through art

**Writing for Self Discovery:  
Building Resiliency for Teachers**  
7 Tuesdays 4:30-6:30 pm (Starting Tue 2/16/2010)

at Voices Breaking Boundaries' office (Houston Arts Alliance' building)  
3201 Allen Parkway Houston, TX 77019  
<http://www.vbbarts.org/directions.shtml>

***Feeling tired already? Overwhelmed by workload and new students?  
Need professional development hours?***

Treat yourself. Voices Breaking Boundaries' **Writing for Self Discovery** workshop will provide a place to reflect on amazing art and literature. The workshop will combine dynamic dialogue with written word, movement, and visual art with current psychological research to create a space to breathe deeply and connect head, heart, and soul.

Other benefits include:

- Avoiding emotional or psychological burn-out
- Learning creative strategies and new curricular approaches
- Strengthening relationships with students (and fellow teachers!)
- Creating safe environments optimal for learning
- Becoming familiar with latest research on trauma, anxiety, depression, and PTSD

Now in its fourth year, this workshop has been offered only at one school. This fall, for the first time, any educator in HISD is welcome to participate. Using the arts and creative writing as tools for reflection, teachers will not only find innovative (across the curriculum) activities to take into classrooms, they will also have a space to brainstorm solutions to daily challenges which include teaching students, and also dealing with all inner-city issues including: the shifting demography as a result of global migration patterns; displacement due to war, poverty, or natural disasters; homelessness, and family conflicts.

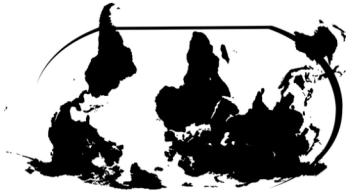
Most importantly, the workshop blocks out a time and a space for creativity and rejuvenation **not** for your students, **not** your families, but for **YOU**.

Art Educator **Marcela Descalzi**, former director of the School Writing Project and VBB co-founder, will join with **Cathy Boswell, PhD** in Psychology Counseling and Visual Artist, to provide this energizing workshop.

Workshops are limited to 12-15 dynamic teachers per semester; professional development hours earned with attendance.

All teachers who participate in our workshops are given the opportunity to share their work/concerns with a larger public at Voices Breaking Boundaries' annual **East End Live Art** show on Sunday April 18, an afternoon dedicate to teachers, you voices, and you writings:

<http://www.vbbarts.org/calendar.shtml#eastendteachers>



voices breaking boundaries  
crossing borders, sustaining dialogue, inciting social justice through art

## Writing for Self Discovery: Building Resiliency for Teachers

7 Tuesdays 4:30-6:30 pm (Starting Tue 2/16/2010)  
Final workshop / performance, Sunday, 4/18/2010

### Registration Form

Please email to [emily@vbbarts.org](mailto:emily@vbbarts.org) or fax to 713 630 5210

Name: \_\_\_\_\_

School Campus: \_\_\_\_\_

Grades/ Disciplines taught: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Please write a few sentences about you hope to gain from this workshop.

---

---

---

---

---

How did you hear about this workshop? \_\_\_\_\_

---

**For more information about Voices Breaking Boundaries, please visit our website:  
[www.vbbarts.org](http://www.vbbarts.org)**