

Life Reflections as Story & Art

4 -Week Virtual Workshop Begins Sept. 18, 6-8 pm



For more information,
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Sierra College OLLI
Register at [https://
www.campusce.net/
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Select Family History
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This engaging hands-on workshop begins by discussing where stories come from. See different ways of containing individual stories - such as journals, memory books, art work and other creative projects.

Our goal is to make it easy to identify and preserve your stories. We learn & practice techniques to provide a structure and add details to your story. Students select a central theme to create a personal story collection - such as travel, favorite Aunt, family tradition, food, sports or other topics.

- We create ideas for stories using mind mapping
- Share meaningful objects and their stories
- Learn additional practices to “assemble pieces of your life”
- Opportunities to share stories each week.
- Multiple handouts and resources provided for further study.