

Expressive Poetry ~ Expressive Journals

A dual creativity workshop in two sessions led
by Poet and Artist DJ Gaskin

In conjunction with DJ Gaskin's solo exhibition, "A Passion for Paper," at Goodwin House Baileys Crossroads, discover the joy of creating with words and paper.

Session 1: Explore the joy and uplifting effect of expressive poetry reading and writing. Begin to make your own unique hand-stitched journal with a personalized cover.

Session 2: Further explore the healing benefits of reading and writing focused poems. Finish your journals. Takeaways will include your own journal, poems, resources for further exploring expressive poetry, journal-making instructions and more.

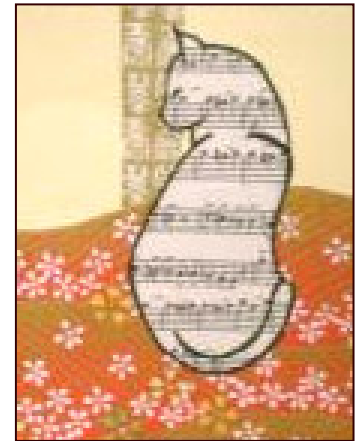
When: Two Saturdays – September 25 and October 2, 2010 from 9:30 to Noon

Where: The Art Center at Goodwin House, 3440 S. Jefferson St., Falls Church, VA 22041

Fee: \$45 for entire workshop (materials provided)

Registration: Contact Lynda Smith-Bugge at 703/578-7218 or DJ Gaskin at 703/927-6853

Don't forget to view DJ Gaskin's Solo Exhibit, "A Passion for Paper," August 18 through October 11, 2010 at the Crossroads Gallery in Goodwin House Baileys Crossroads, 3440 S. Jefferson St, Falls Church, VA 22041.



Instructor bio –

DJ Gaskin is a poet, writer/editor, artist and communications specialist. Her poems and fiction have appeared in numerous literary journals and anthologies and she has also published in *The Washington Post* and other periodicals. She has conducted her *Poetry as Healing Art* workshops with teens and adults in recovery programs as well as with general populations in various venues. DJ previously served as a hotline counselor in Fairfax County, and she has used writing as a therapeutic aid throughout her life.

As an artist, DJ expresses her creativity through a number of visual art forms, including drawing, painting and fine art collage, and has exhibited in local and national venues. Her handmade journals, art books and 'haikugami' greeting cards are sold in local art and fine craft shops, most prominently at Stifel & Capra in Falls Church, Va.

For more information, visit DJ Gaskin online at www.LionessPress.com.

Inside the Cat's Yowling

She seems to want
a higher life. She yowls,
the foyler land of her vision
quest, moon through the transom
her worth star. She spits
disdain at the living
room, paces at window
where arrivals are viewed, glares
at me, then the door: the world
beyond, some unbearable dream.

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