

Write. Learn. Connect. Write more.

■ FEBRUARY WRITING WORKSHOPS EXPLORE AND CULTIVATE RESILIENCY

ENTERPRISE — Fishtrap offers several writing workshops throughout the year designed to challenge you to learn new skills, take risks with your work, and create connections with writers from your neighborhood or around the country.

The workshops cover many genres, from essays to poetry, memoir and fiction. There are workshops for writers of all abilities taught by experienced writers who are skilled at teaching their craft.

With the aim of reducing the spread of COVID-19, all Fishtrap Writing Workshops now are held online via Zoom. Recordings of workshops may be made available to registered students.

For more details and to register, go to www.fishtrap.org/writing-workshops.

Scholarships or reduced registration rates may be available. Call Fishtrap at 541-426-3623 for more information.

Fishtrap's offices are located in the historic Coffin House, 400 E. Grant St., in Enterprise. The mailing address is P.O. Box 38, Enterprise 97828.

BECOME A FISHTRAPPER

Fishtrapper Club members receive a 10% discount on all workshop and program registrations as well as special events. Memberships start at just \$5 per month and help support all Fishtrap programs. Sign up for an automatic monthly contribution and receive some cool perks in return. In addition to the discount, Fishtrapper Club benefits include a Fishtrap bumper sticker and journal and a regular writing prompt from Fishtrap faculty/instructor/staff. Sign up at www.fishtrap.org/be-a-fishtrapper.

FEBRUARY WORKSHOPS

Writing workshops planned for February are related thematically to January's Winter Fishtrap, one of the organization's annual "Clear Thinking" programs, which explored the role Resilience plays in our communities, our cultures, our world and our lives.

RESILIENCE POEMS — READING AND WRITING Led by Kim Stafford

Feb. 6-7, 9 a.m. to 3 p.m.
Registration is \$360 / \$324 for Fishtrappers
Limited to 12 participants

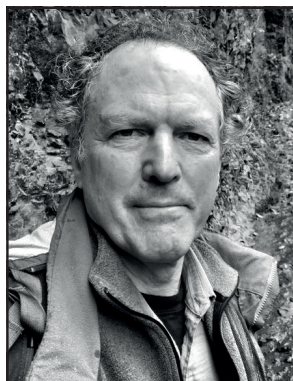
This two-day virtual workshop invites you to cast your net wide through the cultures of the world to find poems that speak to resilience in the personal, cultural or natural worlds.

Once each participant has a poem or two that sings for survival, we'll convene online to read these lyrics one by one, and write in response to what we find there — in theme, story, word magic or questions we must live.

The workshop will include many opportunities to write and to share work in progress for supportive response from fellow writers. No experience is required as a writer, just curiosity and hunger to explore.

KIM STAFFORD, now retired, was the director of the Northwest Writing Institute at Lewis & Clark College.

Co-founder of Fishtrap and former Poet Laureate of Oregon, he is a seeker after ways to serve through poetry. He is the author of "Singer Come from Afar: Poems," which is forthcoming in April from Red Hen Press, and lives in Portland with his wife and children.



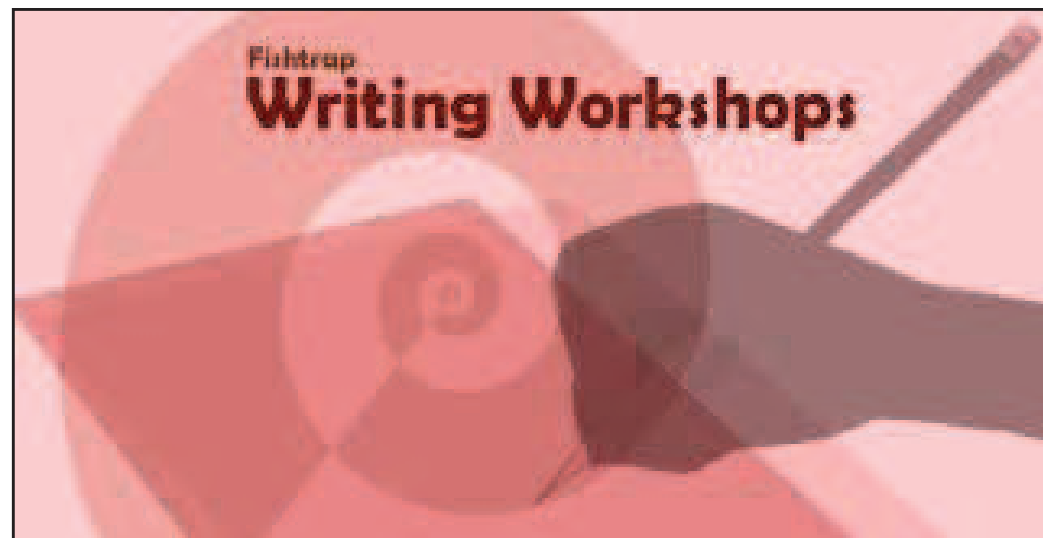
FRIDAY
High 37 Low 25
A snow shower



SATURDAY
High 39 Low 19
Mostly sunny



SUNDAY
High 34 Low 18
Cloudy



CULTIVATING RESILIENCE — WHEN WRITING ABOUT TRAUMA Led by Justin Hocking

Feb. 13, 10 a.m. to noon
Registration is \$60 / \$55 for Fishtrappers

How might a regular writing practice help us recover from trauma?

What techniques can we use to regulate our own nervous systems when writing about emotionally charged material?

And, when writing for a wider audience, how do we transform traumatic experiences into art, while taking care not to overwhelm our readers?

To address these and other questions, this workshop will explore healing methods based on the relatively new field of Narrative Therapy and contemporary body-focused psychology.

Via a series of gentle writing prompts, we'll also experiment with sensory grounding, perspective shifting, intentional choreography of various levels of intimacy and distance and "medicine stories."

Though we'll focus largely on narrative non-fiction, we'll also investigate how these techniques can be employed across various genres, including poetry and fiction.

JUSTIN HOCKING is author of the Oregon Book Award-winning memoir "The Great Floodgates of the Wonderworld" as well as the chapbooks "PS: The Wolves" and "Reclamation: Essays."

He is a co-recipient of the 2017 Stewart H. Holbrook Literary Legacy award, an Oregon Literary Fel-

lowship for fiction, and Willamette Writers' Humanitarian Award for his community outreach work.

His essays, fiction and poetry have appeared in Poets & Writers magazine,

The Columbia Journal, The Normal School, Northwest Review and elsewhere.

Along with an MFA in creative writing, he holds a BA in psychology and a Certificate in Narrative Therapy Foundations from the Vancouver School of Narrative Therapy. He teaches creative nonfiction and publishing in the MFA and BFA writing programs at Portland State University.

