WORKSHOP DESCRIPTION
Participants will be guided in the art and practice of sharing personal narratives through the use of writing prompts, drawings, share-outs, readings, and mini-lessons. All sessions are tailored to the group’s desires and abilities.

END PRODUCT/GOAL
Participants produce a set of stand-alone stories compiled in a booklet OR may opt to record their stories on audio files (microphone and recorder provided by the RSH). Either medium can be shared with participant’s friends and family members.

WORKSHOP LENGTH
1 hour/session, recurring bi-weekly or monthly for a predetermined amount of time. The more sessions, the more stories!

IDEAL GROUP SIZE
5-12 residents

COST PER SESSION
$75
+ supplies (notebooks, pens/pencils, copies)

ABOUT THE FACILITATOR
Rachel teaches personal narrative workshops to all ages, but has developed a unique program for elderly and aging participants. She has experienced first-hand the positive effects researchers say storytelling has on older adults: increased memory-retention and decreased apathy, along with the therapeutic effects it has on us all.

Rachel teaches from the theory that “the only experience you need is life experience,” meeting participants where they are and guiding them from there. She is excited to work with your residents to ensure their stories live on.

TESTIMONIAL
"Rachel has been working with our residents and finding the jewels among us! She has a delightful and passionate way of stimulating the many stories that are within the residents."

-Roslyn, St. Mary’s Woods

CURRENT SENIOR LIVING PARTNERS
St. Mary’s Woods, Peter Paul Development Center, Church Hill House, Windsor Senior Living, Hospice of Virginia

For more information or to book a workshop, please email richmondstoryhouse@gmail.com or call 804.657.7671