



Personal Narrative Workshop for Emotional Growth

with Galen Tinder

Narrative is a fancy term for story, except that narrative has a point, it shapes and defines a person's identity. Personality psychology has demonstrated that our identities are formed by and through the stories we tell about ourselves. By writing or telling our stories, we can help define who we are. Narrative is an effective way of processing and integrating painful events from the past, and being able to forgive others and ourselves. Local resident Galen Tinder will be holding a workshop that combines presentation, discussion, and exercises. Galen, in addition to holding several degrees and certificates, recently completed a nine-month program with the Center for Narrative Practice in Boston.

Thursday, February 15 at 7:00 pm
at the North County Branch Library
65 Halstead Street, Clinton, NJ

This program is FREE and open to the public.

Due to the popularity of our programs, we recommend reserving a seat.

Please call (908) 730-6135 or click on the Calendar of Events at www.hclibrary.us

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need.

Please call (908) 788-1434. 1/18