

Telling Your Life Story

Guided Autobiography

Workshop Series for Adults



Interested in leaving a legacy, enhancing personal growth, beginning an autobiography or memoir and enjoying the thrill of self-discovery?

Telling Your Life Story can provide you with the tools to do this in many ways. At any of the Guided Autobiography workshops you will explore and share common life themes.

Register for one of the three workshop series:

WEDNESDAYS, MARCH 12 – MAY 14

Salvation Army Citadel, 4030 Douglas St.

TUESDAYS, MAY 6 – JUNE 24

**Beacon Community Services at SHOAL Centre,
10030 Resthaven Drive, Sidney**

TUESDAYS, SEPTEMBER 16 – NOVEMBER 25

Saanich Silver Threads. 286 Hampton Road

For more information about the workshop and James Thornton visit
www.coag.uvic.ca/biography.

CONTACT THE CENTRE ON AGING at 721-6369 or lcassie@uvic.ca.