



poetry workshops

Why does Cytopoetics run poetry writing workshops?

Cytopoetics provides poetry-writing workshops for youth and adults with **Greg Frankson** as the animator so people have the opportunity to express themselves poetically. Whether it's mental health consumer/survivors, students or a community group, the workshops facilitate artistic expression in a laid-back, supportive and risk-free setting. Greg creates a positive, participatory environment where all ideas are welcome and all forms of writing are poetry!

What happens during a workshop?

Greg draws upon his extensive experience as a workshop leader to stimulate participants to write their ideas on paper, expand on the concepts and merge it all together into a cohesive whole.

Poetry writing workshops have proven effective for addressing topics such as (among others):

- Anti-racism and anti-discrimination
- Mental health
- Black history
- Sexism and media images of women

What else can you get from Cytopoetics?

We also offer the following to business, education and the community:

- Spoken word performances
- Keynote addresses (motivational and/or topic-specific speeches)
- Poet-in-Residence (where Greg Frankson will write poems about your event as it happens)
- Poetic Rapportage (your artistically created record of proceedings)
- Facilitation, workshop leadership and/or emcee services

Where else has Cytopoetics provided creative services?

Previous regional, national and international clients include: the **Ottawa Police Service**, the **Ontario Federation of Labour**, the **Canadian Conference for the Arts**, and the **International Initiative for Mental Health Leadership**. Greg has led poetry workshops for **MASC**, the **Ottawa Art Gallery**, the **York Region District School Board**, the **St. John's Youth Services Bureau** in Newfoundland and the **Gabriola Poetry Society** in B.C., among others.

For more information and to make a booking, please contact:



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