



# Community Building Art Works

Monthly Events Calendar (All times EDT) [cbaw.org/events](http://cbaw.org/events)

## TUE WED THU FRI

### ▶ Week 1

7 PM: Poetic Record: Resilience Workshop for Healthcare Workers with Laura Van Prooyen

7 PM: Online Visual Art Workshop with Valerie Acosta

3:30 PM: Online Writing Workshop for Military Spouses and Caregivers (in Partnership w/ Blue Star Families) with Laura Van Prooyen\*

12 PM: Online Writing Workshop with Seema Reza

### ▶ Week 2

12 PM: Online Comedy Workshop with Amelia Bane in Partnership with Steven A. Cohen Military Family Clinic at Easterseals  
7 PM: Poetic Record: Resilience Workshop for Healthcare Workers with Laura Van Prooyen

7 PM: Online Visual Art Workshop with Joe Merritt

**All dates, times, and events are subject to change. See our Event Calendar at the link above or click here for the most current and accurate information.**

12 PM: Online Writing Workshop with Seema Reza

### ▶ Week 3

7 PM: Poetic Record: Resilience Workshop for Healthcare Workers with Laura Van Prooyen

7 PM: Online Visual Art Watercolor Workshop with Shaun Smith

3:30 PM: Online Writing Workshop for Military Spouses and Caregivers (in Partnership w/ Blue Star Families) with Laura Van Prooyen\*  
7 PM: Online Writing Workshop in Partnership with Strathmore featuring Special Guest Authors\*\*

12 PM: Online Writing Workshop with Seema Reza

### ▶ Week 4

12 PM: Poetry Workshop with Ben Weakley in Partnership with Steven A. Cohen Military Family Clinic at Easterseals  
7 PM: Poetic Record: Resilience Workshop for Healthcare Workers with Laura Van Prooyen

7 PM: Online Open Art Studio Workshop with Joe Merritt (If 4th Wed. is last Wed. of the month.)  
7 PM: Online Visual Art Workshop featuring Special Guest Artists\*\* (Occurs when there is a 5th Wednesday in the month.)

**\*\*Guest artists and authors can be found on our Event Calendar at the link above, or by clicking here.**

12 PM: Online Writing Workshop with Seema Reza

### ▶ Week 5 (When Applicable)

7 PM: Poetic Record: Resilience Workshop for Healthcare Workers with Laura Van Prooyen

7 PM: Online Open Art Studio Workshop with Joe Merritt

**Questions?**  
**Contact us:**  
**info@cbaw.org**

12 PM: Online Writing Workshop with Seema Reza



# Community Building Art Works

## Monthly Events Calendar

### **Poetic Record: Resilience Workshop for Healthcare Workers with Laura Van Prooyen**

Writing workshop for healthcare workers that blends poetry, community, and the science of resilience.

Every Tuesday, 7 PM EDT

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### **Comedy Workshop with Amelia Bane in Partnership with Steven A. Cohen Military Family Clinic at Easterseals**

Writing workshop for all interested to learn and practice comedy writing skills.

2nd Tuesday, 12 PM EDT

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### **Poetry Workshop with Ben Weakley in Partnership with Steven A. Cohen Military Family Clinic at Easterseals**

Creative writing workshop for all.

4th Tuesday, 12 PM EDT

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### **Visual Art Workshop with Veteran Artists Val Acosta, Shaun Smith, and Joe Merritt**

Hang out in a collaborative group setting, learn new art techniques, and create a masterpiece. No experience necessary.

Check our online calendar of events for more details.

Every Wednesday, 7 PM EDT

### **Writing Workshop for Military Spouses and Caregivers with Laura Van Prooyen in Partnership with Blue Star Families\***

Creative writing workshop where we'll consider writing as a tool for communication, expression, and relief from holding it all together.

1st & 3rd Thursday, 3:30 PM EDT

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### **Writing Workshop with Seema Reza**

No experience required! If you can think, you can write. Bring some paper and a pen!

Every Friday, 12 PM EDT

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### **Writing Workshop in Partnership with Strathmore featuring Special Guest\***

Creative writing workshop where you can put your personal stories on paper in a supportive environment.

3rd Thursday, 7 PM EDT

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All dates, times, and events are subject to change. See our Event Calendar at [cbaw.org](http://cbaw.org) or [click here](#) for the most current and accurate information including our special guest artists.

[Follow us on social media: Visit linktr.ee/cbaw](https://linktr.ee/cbaw)



[cbaw.org/events](http://cbaw.org/events)

Questions? Contact us: [info@cbaw.org](mailto:info@cbaw.org)