

# Healing the Self Through Poetry

Rebuilding Community Among Veterans and Military-Affiliated Families

Saturday, April 30, 1- 2:30 p.m.

## Changing Hands Bookstore

300 W Camelback Rd, Phoenix, AZ 85013

Vietnam veteran and poet Yusef Komunyakaa recently spoke about the healing power of poetry, claiming that “we [poets] address the internal and external, and perhaps speaking of both terrains can almost make us whole.”

**In this workshop** we’ll discuss some of the reasons **why poetry is a healing force**, and we’ll experience its power by **reading and discussing poems by veterans**. The workshop will culminate with a reflective writing exercise and optional sharing.

## Registration link:

<https://na.eventscloud.com/675855>



**Rosemarie Dombrowski**

Poet Laureate of Phoenix  
Principal Lecturer  
College of Integrative  
Sciences and Arts

Rosemarie Dombrowski is the inaugural poet laureate of Phoenix and the founding director of Revisionary Arts, a nonprofit that facilitates therapeutic poetry workshops. She serves on the Narrative Medicine Advisory Board at UArizona College of Medicine – Phoenix and she teaches courses in the medical humanities at ASU’s Downtown Phoenix campus.

Dombrowski is the granddaughter, daughter, and half-sister of veterans as well as the single mother of a son with nonverbal Autism and other disabilities.