

*Jobs. Relationships. Health. Children. Home Life. Security. Weight. Money. Things are always in flux. Does change leave you feeling lost? Bored? Confused? Anxious? Excited? Alone? Do you long for connection with other women going through similar transitions? Then join us as we write together to explore our changing lives.*



# Women Writing Through Transition and Change

A one-day writing retreat with “Women at Ground Zero” author

## Susan Hagen

**Saturday, June 4, 2016**

9:30 a.m. to 4 p.m.

At a private home at The Sea Ranch,  
just south of the town of Gualala

**\$97 in advance**

*Register with PayPal or your credit card at:  
[www.susanhagen.com](http://www.susanhagen.com)*

*OR CONTACT SUSAN to register:  
707-888-0849    [suzhagen@sonic.net](mailto:suzhagen@sonic.net)*



**Susan Hagen**  
Author & Writing Guide

*Tending the fire, spirit, and heart of the writer*

Susan also offers individual coaching  
for your creative life.

**Write – Connect – Heal – Grow**

**At this 1-day retreat, you'll:**

- Learn simple techniques for effortless writing.
- Use meditation and nature-based practices to help access the deeper inner life.
- Dive deep into your writing to explore the transitions and changes in your life.
- Share your stories (as you wish) in a safe, supportive circle of women.
- Receive the gift of deep listening as Susan mirrors and reflects your stories.
- Leave with greater self-awareness and deeper compassion for how you experience change.

*Susan Hagen is a wilderness rites-of-passage guide and co-author of “Women at Ground Zero: Stories of Courage and Compassion,” the only 9/11 book to honor the contributions of female first responders at the World Trade Center tragedy on 9/11/2001.*