

HOPE MILLS PARKS & RECREATION CENTER

AND

NAMI CUMBERLAND, HARNETT, AND LEE COUNTIES

Presents:

Poetry Workshop







EXPRESS YOURSELF THROUGH WORDS

Discover the power of words and creativity in our Poetry Workshop led by *Yolanda Barnes*, presented in partnership with the **National Alliance on Mental Illness (NAMI)**.

This welcoming and inspiring workshop invites participants of all experience levels to explore poetry as a form of self-expression, storytelling, and emotional wellness. Whether you've written poetry before or are trying it for the first time, this workshop will guide you through the creative process in a supportive environment.

Participants Will Learn:

-  Different styles and forms of poetry
-  Techniques for expressing thoughts and emotions through writing
-  How poetry can support mental wellness and creativity
-  Opportunities to share and celebrate your work with others

COST: FREE

*Find Your Voice. Tell Your Story.
Heal Through Words.*

WORKSHOP DATES:



APRIL 4, 2026

10:00AM - 2:00PM



APRIL 6, 2026

10:00AM - 12:00PM



APRIL 11, 2026

10:00AM - 2:00PM



**SCAN HERE
FOR MORE INFO!**

**HOPE MILLS PARKS &
RECREATION CENTER**

910-426-4109



**Cumberland, Harnett
and Lee Counties**