



TAPESTRY

Story-making that builds and strengthens community

TAPESTRY is a group **creative story-making and sharing** experience focused on helping navigate today's uncertain, often scary, times and imagine new outcomes and ways to thrive.

Tapestry's purpose is to build deeper trust and companionship within a small-group who share an interest. Its intention is to imagine, design and act on a new vision of the future with compassion, creativity and friendship. The program leaves participants with creative written communications training (stories, plays, songs, poetry, more) and tools for more skillful listening and collaborating.

A Tapestry Experience

The Tapestry model shepherds a cohort of up to ten people for six months on a monthly theme-based journey of observation, understanding, and learning with and about others.

A group can be formed from any basis, such as school colleagues, work teams, social clubs, service and volunteer workers, those who share a church or spiritual practice, even extended families. The service is suitable for any adult age group and mixed-age groups are particularly rewarding. The starting point is 'here' - the shared place from which the group is formed.

Curriculum and Facilitation

Tapestry's structured curriculum guides participants to identify and express how I got here, why I am here today and what I wish and dream of as I move forward. Monthly writing assignments direct each participant to articulate the influences that have informed and transformed their particular journey to 'here' as a member of this particular group.

Every Tapestry group is led by an experienced creative facilitator. The group meets twice monthly, for two hours each meeting. The first session introduces a communications format, technique or skill. Homework encourages participants to play around with that skill. The second session is a collaboration time to reflect on the process and share. Commitment is four hours/month plus homework. The total six-month course is 24 hours of meeting time. The cost for six months is \$400/person for five people and \$300/person for six to ten people in a group.

As the course progresses, the boundaries of individualism are likely to evolve into a deeper shared understanding that molds the cohort into a singular community related to 'here', one that reflects their core connection. *Me*, as one person, deepens into *Us* as a multi-faceted entity.