



# Senior Living Storytelling Workshop Series

A nonprofit dedicated to unearthing and  
amplifying untold stories in our community

[www.richmondstoryhouse.org](http://www.richmondstoryhouse.org)

## WORKSHOP DESCRIPTION

Participants will be guided in the art and practice of sharing personal narratives through the use of writing prompts, drawings, share-outs, readings, and mini-lessons. All sessions are tailored to the group's desires and abilities.

## END PRODUCT/GOAL

Participants produce a set of stand-alone stories compiled in a booklet OR may opt to record their stories on audio files (microphone and recorder provided by the RSH). Either medium can be shared with participant's friends and family members.

## WORKSHOP LENGTH

1 hour/session, recurring bi-weekly or monthly for a predetermined amount of time. The more sessions, the more stories!

## IDEAL GROUP SIZE

5-12 residents

## COST PER SESSION

\$75  
+ supplies (notebooks,  
pens/pencils, copies)

## TESTIMONIAL

"Rachel has been working with our residents and finding the jewels among us! She has a delightful and passionate way of stimulating the many stories that are within the residents."

-Roslyn,  
St. Mary's Woods

## CURRENT SENIOR LIVING PARTNERS

St. Mary's Woods, Peter Paul Development Center, Church Hill House, Windsor Senior Living, Hospice of Virginia

## ABOUT THE FACILITATOR

Rachel teaches personal narrative workshops to all ages, but has developed a unique program for elderly and aging participants. She has experienced first-hand the positive effects researchers say storytelling has on older adults: increased memory-retention and decreased apathy, along with the therapeutic effects it has on us all.

Rachel teaches from the theory that "the only experience you need is life experience," meeting participants where they are and guiding them from there. She is excited to work with your residents to ensure their stories live on.

**For more information or to book a workshop, please email [richmondstoryhouse@gmail.com](mailto:richmondstoryhouse@gmail.com) or call 804.657.7671**

