UBC Course Inspires New Moms to Write About their Experience

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VANCOUVER, BC – 8 July 2008: Many new mothers crave the experience of writing down their stories, if only to sort through the intense emotions that come with motherhood: the changes in identity, ambition, relationships, the struggles with careers, children and caregivers.

This fall, UBC Continuing Studies is offering a new writing course to help mothers learn to write their stories, whether it's for themselves, for their children, for their scrapbooks or for publication. Part writing group, part literary salon, the classes called Writing on Motherhood are intended to kick start the writing process, provide inspiration and a safe and comfortable community in which to share stories.

The classes are aimed at mothers of all ages and stages: new moms, grandmoms, adoptive moms, stepmoms. Through a series of reading and writing exercises, mothers in this class develop the skills to write their own personal mommy memoirs.

"What I've found most interesting is the level of emotion in the classes. My students have told me repeatedly how therapeutic they find writing about their experiences. In addition to fostering daily (or weekly) writing practice that many moms can't figure out how to start on their own, the classes help mothers feel less isolated and alone," says class instructor Cori Howard.

Howard, an award-winning writer and editor, has just published the anthology, Between Interruptions: Thirty Women Tell the Truth About Motherhood. She also writes regularly, most often on the topic of motherhood and parenting, for publications including The Globe and Mail, Chatelaine and Today's Parent.

The next session of Writing on Motherhood is offered Thursday evenings beginning in October for eight weeks. For more information and to register for the UBC Writing Centre classes, please visit www.writingcentre.ubc.ca or call 604-822-9564. To read some of Cori's own writing on motherhood, check out www.themomoirproject.com.

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