

All Are Welcome! ♥

Gateless WRITING SALON

A PLACE TO REFLECT. CONNECT. BE HEARD.

Join us for a gentle, heart-centered writing experience in a safe and nurturing community.



WHAT IS A GATELESS WRITING PROMPT?

A Gateless prompt is an open invitation—often in the form of a question, image, or phrase—designed to help you access your inner voice and write freely without judgment.

It's not about getting it "right." It's about discovering what wants to be expressed.

YOU WILL ENJOY:



A SHORT MEDITATION

led by Rev. Angela Denton to soothe your nervous system and center within.



A GATELESS WRITING PROMPT

and time to write in a supportive and non-judgmental space.



THE OPTION TO SHARE

your writing out loud, if you wish.



RECEIVE LOVING GATELESS FEEDBACK

that honors your unique voice, your power and your story.

Facilitator:

Rose Andrez Bradler



A FUNDRAISER IN SUPPORT OF



National Alliance on Mental Illness

NAMI provides FREE services including a helpline, 40+ virtual support groups, and classes for individuals and families impacted by mental health conditions.

Learn more: www.nami.org



SUNDAY
JUNE 21, 2026



12:30 PM – 2:00 PM



\$30 PER PERSON

All proceeds support



National Alliance on Mental Illness



OFFERED BOTH
IN PERSON & VIA ZOOM
UNITY BY THE SHORE

3508 Asbury Avenue

Neptune, NJ 07753

unitybytheshore.org



← Register Today!

Scan the QR code or register online:

<https://ubts.breezechms.com/form/7ed4407253513513085447823>

Questions? Email roseandrez@gmail.com

♥
WRITING CAN
BE HEALING.
SHARING CAN BE
POWERFUL.
TOGETHER, WE
MAKE A DIFFERENCE.
♥