

# INVISIBLE NO MORE WRITING WORKSHOPS



## Background

The Invisible No More (INM) Project Team at Mount Saint Vincent University is inviting women Veterans to participate in an **online writing workshop series**. This series is aimed at supporting CAF and RCMP women Veterans in developing their voices as writers and advocates, and is not a research study.

This initiative is part of the INM Project which focuses on the parliamentary study that culminated in the 2024 Report of the Standing Committee on Veterans Affairs (ACVA), *Invisible No More. The Experiences of Canadian Women Veterans*.

The goal of the INM Project is to ensure that women Veterans' voices are meaningfully integrated into the implementation of the 42 ACVA report recommendations. The INM Project therefore engages Canadian women Veterans, both from the CAF and RCMP, in participatory action research and knowledge translation. For more information on the broader INM Project, see: [www.msvu.ca/InvisibleNoMore](http://www.msvu.ca/InvisibleNoMore)

These writing workshops are not meant as a place to focus on trauma but trauma may come up in the writing and discussion. The workshops will be conducted in a trauma-aware manner and a list of resources will be provided after each session in case it is needed.

In the future, those who participate in the writing workshops may be invited to attend an additional writing workshop with the intention of publishing their stories in an anthology.



## How to Apply for the Writing Workshops

If you self-identify as having served in the CAF or RCMP as a woman and are interested in writing about your unique experiences and needs as a woman Veteran, you are eligible to participate. The online workshop series will entail **four weekly 1.5 hour writing workshops** during the month of May 2026.

The writing workshop series is specifically geared towards the INM Project and will be **facilitated by Dr. Nancy Taber**, a Veteran, writer, and professor at Brock University.

The writing workshop series will be run in a supportive small group setting online, with **8-10 writers**. Writers will respond to open-ended writing prompts provided by the workshop facilitator, such as:

- Because I am a woman Veteran, I want to see...
- Because I am a woman Veteran, I feel community (or the lack of it) when...
- Because I am a woman Veteran, I speak out (or chose to stay silent) when...
- To me, as a woman Veteran, advocacy means...

Writers may elect to verbally share their writing with the group for supportive discussion.

If you are interested in participating, please email the INM Project Manager, Kimberley Smith-Evans, at [kimberley.smith.evans@msvu.ca](mailto:kimberley.smith.evans@msvu.ca) or call her at (902) 457-6572. Please include:

- your CAF/RCMP years of service, rank at retirement, trade, and environment
- your general availability for the workshops (e.g., weekdays, weekends, evenings)
- any questions you may have

If we receive more interest than writing slots, the INM Project Team will select writers to ensure a range of experiences and backgrounds. If there is more interest than we can accommodate, we will consider offering an additional writing workshop series at a later date.