

Getting Involved

For New or Returning Students



Cow Tipping

PRESS

How Cow Tipping Classes Works

All our creative writing classes come out of partnerships with organizations. We run three semesters yearly: fall, spring, and summer. Each semester, any number of organizations (disability-related or otherwise) choose to sponsor a class and fill the roster with 10 adults with intellectual/developmental disabilities, who we then teach and publish the writing of in a one-of-a-kind book at the end of the class.

How to Take (Another) Cow Tipping Class



There are two ways. **One:** if you are connected to an organization that might be interested in partnering with us for classes (see [examples](#)), tell them you want to do that and/or put them in touch with us! This both shows that there's demand for our classes—something those

orgs don't always know—and allows us to arrange them at the times and places that best fit your schedule. Most of our classes take place in the Twin Cities, but we've piloted satellite programming, so never say never to a given location!

Two: sometimes organizations who sponsor classes decide to make them open enrollment, meaning any individual with a disability can sign up. There's no way for us to say for certain when, where, or how often this happens, but we email our list of interested students when it does, so signing up for our [email list](#) is the best way to stay informed of these opportunities.

Want a More Individualized Class?

For 1:1 neurodiverse creative writing classes, we highlight recommend our friends over at [Unrestricted Interest](#). A few other programs you might consider to advance your writing goals: the Arc's [microgrants](#), Jerome grants, the Interact Center, Anodyne Artist Company, libraries, or community ed classes.

Want to Keep Writing on Your Own?

Get the creative juices flowing with these fantastic prompts created by our teachers: <https://bit.ly/3bdtUak>



Want to Publish Your Own Work?

Unfortunately, we don't have capacity to publish writing submissions that aren't coming from one of our classes or feature only one author. We have found Amazon's [Kindle Direct Publishing](#) platform to be inexpensive and user-friendly if you're looking to print and sell your own paperbacks. If you just want people to read your work (you don't need to publish a book to do that!), consider creating a blog on a website like [Weebly](#). [Zines](#) are also another great do-it-yourself option with a spirited history—you'd be surprised how many bookstores are willing to stock and sell your zines on commission if you ask! Finally, if you want to submit to literary journals, here's a [guide to submitting](#) and a potential [list of journals](#) compiled by our teachers.



Want to Build on Your Self-Advocacy?

If you've taken more than two Cow Tipping classes, you're eligible to apply to our Apprenticeship program each November, which offers you a paid opportunity to help lead classes, engage in inclusive training, and pursue your own career goals over the course of a year. Additionally, check out this list of other amazing advocacy opportunities in the Twin Cities: <https://bit.ly/2HgtJ41>

Other Questions?

We appreciate your commitment to **changing the narrative on disability**—with us, other programs, on your own, or all of the above! If you have further questions, please contact Rachel Lieberman at rlieberman@cowtippingpress.org or 847.340.1339.

