

Writing Through Grief

Choose one or all of six sessions to help you use the written word as a healing tool



**May 13 through June 17,
Mondays 5:30 p.m.-7:00 p.m.**

Sometimes our heart finds voice through the written word. A creative outpouring, stream of insight, or discovery of hidden emotions are some of the ways writing works to loosen and attend to grief. The practice of allowing the written word time and space to unfold and be noticed can serve to bring the writer comfort and understanding along the path of their grief and healing.

Writing Through Grief is a six week workshop which utilizes writing as a catalyst to attend to and heal loss. Each week a theme is offered, pieces of prose and poetry are read, and prompts are presented to aid in the process of writing. Participants have an opportunity to share their own writing, but only as they wish to. This workshop is open to the community, and everyone is welcome to attend as few or as many weeks as is helpful to them.

Janelle Adsit, Ph.D., is a professor of creative writing at Humboldt State University. Janelle brings her love of writing and wealth of familiarity with literature to the group.

Julia Doerner, LCSW, is a grief counselor at Hospice of Humboldt. She brings experience working with those who are grieving find their way through with conversation, art, writing, and creating and holding a safe place to work.

Healing the Grieving Heart

Writing Through Grief meets for six weeks, each Monday 5:30 p.m. to 7:00 p.m. at Hospice of Humboldt, 3327 Timber Fall Court in Eureka. Register for any or all sessions, no creative writing experience is necessary. The class is free and donations are appreciated. **Space is limited. Please register in advance to secure your spot by calling 707-267-9801.**

