

# **Powerful Words :** **Writing for Remembrance and Healing**

A four week writing workshop for grieving parents, designed for reflection, self-awareness, and healing.

**October 15, October 22, October 29, November 5**  
**7 –8:30pm**

**Cost – \$50\***

The healing art of writing provides grieving parents an opportunity to put a voice to their pain. Whether a parent is a seasoned writer who journals regularly, or a non-writer, we will explore the creative mind using writing activities. Parents can use the tools of writing and journaling to help with the healing process, express memories, honor and celebrate their child and explore their emotions in a safe and private environment. This writing workshop will allow participants to tell their story through words as a path to understanding and growth. This workshop is designed by grieving parents for grieving parents. We understand the path that parents must take as they learn to heal after the devastating loss of a child. Led by **Julie Hester**, a writer and Presbyterian minister, participants will explore and stimulate their creativity as they delve into the writing process. As a grieving mother, Julie has spent the past ten years as a member of a bereaved mother's writing group and is a contributing author to the recently published, **Farther Along: The Writing Journey of Thirteen Bereaved Mothers**, by Carol Henderson.

## **Participants will :**

- Write to prompts as a way to explore the inner voice.
- Express thoughts, ideas, and understanding through the written word,
- Explore different types/genres of reflective writing.
- Learn tools for prompt writing and journaling.
- Share writings as desired.

Registration : Space is limited. Please contact Jill Shipp at [jill@kindermourn.org](mailto:jill@kindermourn.org) to register.

\*The cost covers the workshop, a writing journal and a copy of the book **Farther Along: The Writing Journey of Thirteen Bereaved Mothers**. Limited scholarships are available – contact Jill Shipp for more information – [jill@kindermourn.org](mailto:jill@kindermourn.org).

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