

Writing and Healing for Caregivers

Are you here with a patient as a caregiver? Are you a healthcare professional who takes care of patients? *All* caregivers need ways of addressing their exposure to illness and suffering. UNC Hospitals Bereavement Support Services, in collaboration with Project Compassion and Door to Door, is offering a weekly writing workshop geared toward self-care, restoration, and healing.

Bring your lunch. No writing experience necessary.

When: Tuesdays starting October 1, 2013

What Time: 12:00-1:00pm.

Where: Starbucks Conference Room A (Upstairs)

Facilitated by: Heidi Gessner, UNC Hospitals Palliative Care Chaplain & Bereavement Coordinator, and

Carol Henderson, writer, editor, and writing coach

Learn more about Carol at www.carolhenderson.com

For more information, call Heidi Gessner at 919-966-0716 or hgessner@unch.unc.edu.

