

Write Fearlessly:

Journaling about grief through the Holidays

Grief is the result of many types of loss- death, divorce, personal injury or illness, incarceration, miscarriage, foreclosure, loss of a job, a child leaving home, and the list goes on. Folks who have experienced any type of loss and are grieving are encouraged to participate in this group journaling campaign- 'Write Fearlessly'.

Journaling is self-directed and is best done at one's own pace. A benefit of journaling is that it gives individuals something creative and tangible to review and to show friends, family, and other support people.

How it works. SEASONS: Bereavement Program will provide all interested participants with a weekly packet that stimulates their writing. Packets will be distributed by email or mail, whichever the participant prefers. Each week will include quotes, questions to consider, and an article to stimulate self-expression.



SEASONS:

Bereavement Program

All are invited to join us in getting your
grief out on paper for the six weeks of
Thanksgiving through New Years.

**For More Information or to
Participate Contact:**

Crystal Collette, Bereavement Coordinator
315-376-5308 or ccollette@lcgh.net

OR

Visit: <http://www.lcgh.net/hospice/>