

Writing Toward Healing: 2017 Workshops for Adults Grieving the Death of a Loved One with Kay Windsor

You don't need to consider yourself a writer to attend. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing, we will gently probe, reflect, remember, and reconsider. We will honor our loved ones, reimagine our lives now, and discover inner resources we had no idea were within us.

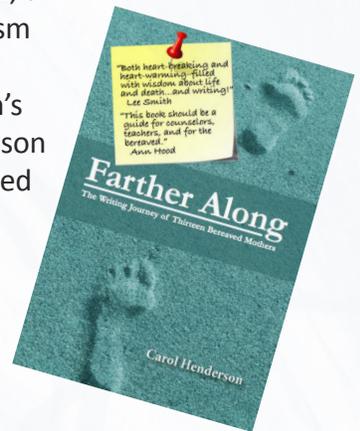


Kay Windsor

"Writing with Kay has been one of the greatest gifts of my life. In my own grief journey, she's given direction which allowed me to remember some of the "before" of my story. I've been surprised by memories, welcomed some tears—both hard and happy, and loved having a written expression of who I am. I continue to hold on to some of writing prompts that she led, and use them in my own time of reflection." – Becky

"Writing with Kay Windsor never fails to be life-giving and restorative. In her gentle and peaceful way, Kay creates space for me to feel safe as I see where the pen takes me: exploring, meditating and reflecting through a variety of writing prompts. I continue to give thanks for Kay's graceful leadership in this journey toward healing." – Meredith

Kay Windsor says writing has saved her life and allowed her to savor life. Kay is a writer, a teacher and writing group leader. She enjoyed coaching writers as a teacher of journalism and English for four decades and as a mentor to journalism teachers. She currently leads a reflective writing group in Bethania sponsored by the Geist Institute for Women's Words. She has been a member of the Farther Along writing group led by Carol Henderson for 14 years, and her writing about her daughter and the stories of this group of bereaved mothers are included in *Farther Along: The Writing Journey of Thirteen Bereaved Mothers*. Kay administers and continues to write for the Farther Along blog at <http://fartheralongbook.com>.



Workshops will take place from 9:30 a.m. until noon on the following Fridays:

- March 10
- April 21
- September 29
- October 20

**Location: Hospice & Palliative CareCenter, 101 Hospice Lane, Building 121,
Williams Education & Counseling Center, Winston-Salem, NC**

Free and open to anyone grieving a death-related loss.
To register: Call 336-768-6157, ext. 1600