



## Writing Toward Healing: 2015 Workshops for Adults Grieving the Death of a Loved One

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.

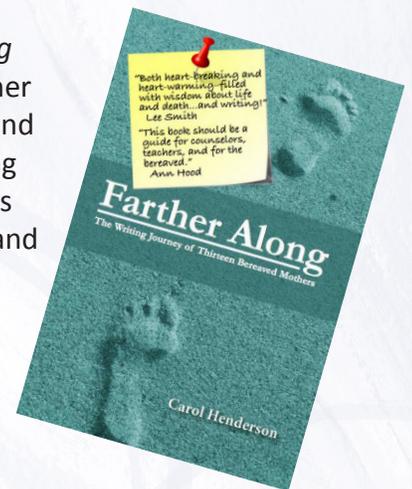


Carol Henderson

*"There are many things I have learned from Carol by attending her writing workshops, but the word 'acceptance' comes very strong to my mind when I think of the depths she takes us to write. She teaches us that grief is a lonely word but we need to travel the journey and accept what we cannot change. She lets us look deep into our minds and hearts to express hidden emotions so we can come farther along in our healing journey." – Mona*

*"Carol Henderson brings a sense of openness to her workshops. It is okay to feel what you feel and then you are given the opportunity to express it through various types of writing. The workshops provided a safe place for remembering, celebrating, and missing my mom. This has been an incredibly healing part of my journey through grief." – Mary Beth*

**Carol Henderson** is a writer, teacher, and workshop leader whose first book, *Losing Malcolm: A Mother's Journey Through Grief*, chronicled her struggles after losing her firstborn child. She has published widely in magazines and newspapers in the US and Canada, and edited a number of memoirs and essay collections. She offers "Writing Toward Healing" workshops in medical centers, faith communities, and universities across the US and also leads creative nonfiction writing workshops both at home and abroad. Her new book, *Farther Along: The Writing Journey of Thirteen Bereaved Mothers*, was published in July 2012.



For more information please visit Carol's website, [www.carolhenderson.com](http://www.carolhenderson.com).

- **Saturday, November 21, 9:30am-12:00 noon**

**Registration 9am-9:30am. Coffee and breakfast will be provided.**

- **Public Reading: Monday, November 30, 6:00-7:30pm.**

**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.***

**Registration is requested. To register: Call 336-768-6157, ext. 1600**