Writing as Healing

Writing costs nothing. You can write anywhere – you only need pen and paper. Since the 1990s, studies have shown its healing effects.

Please join us the 2nd Monday of the month for a two-hour workshop: 1 – 3 p.m.

To register, please call 302-623-4580. Seats are limited.

WHERE: Helen F. Graham Cancer Center & Research Institute, East Wing, Conference Center, Room 1107.

WHO: Sessions will be led by Dr. Joan DelFattore, a recent retiree from UD’s English department and the author of four books and dozens of articles as well as other guest facilitators, all of whom are professional writers.

HERE’S WHAT THE WORKSHOP OFFERS: Research has shown that certain types of expressive writing can help to reduce stress, promote healing and improve the quality of life. Each workshop will offer hands-on experience with varied topics and forms of writing and those participants who choose to share or discuss their writing will have the opportunity to do so.

Brought to you by the Junior Board Cancer Resource Library.