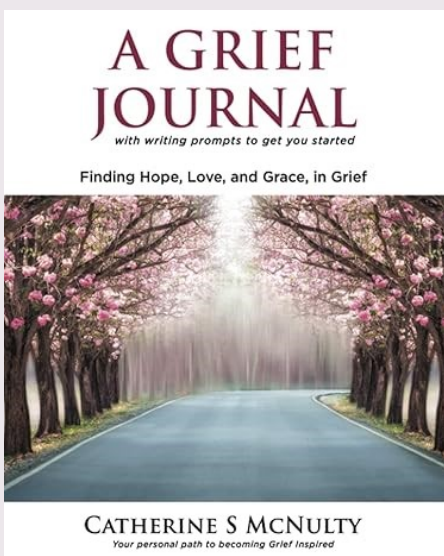


Adults



Finding Hope By Writing Through Grief

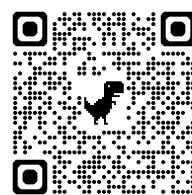


Catherine McNulty, author of "A Grief Journal, Finding Hope, Love, and Grace, in Grief " will present a grief journaling workshop, exploring techniques to use writing as a tool to express your emotions, step out of your pain and find hope again.

Attendees will receive a free copy of her book "A Grief Journal" to use in the workshop.

Adults. Registration is required.

Sunday, 9/14, 2:00 - 3:30 p.m.
MEO Central Library
(757) 385-0150



Scan to register

You may request a reasonable accommodation for events. Requests must be made no later than 48 hours before a scheduled event.



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