

Expressive writing workshop

UCSF Chronic Illness Center is partnering with Suzanne Edison, a writer, a parent, and a former psychotherapist to offer 3 virtual expressive writing workshops.

When: Saturdays from 10:00am-12:00pm, February 26th, March 26th, and April 23rd

How it works: You will have the opportunity to explore different aspects of your experiences with your child's medical journey. Each workshop will involve reading selections in poetry and brief prose, writing prompts and homework offerings.

Who can come: Parents/caregivers of children living with chronic conditions

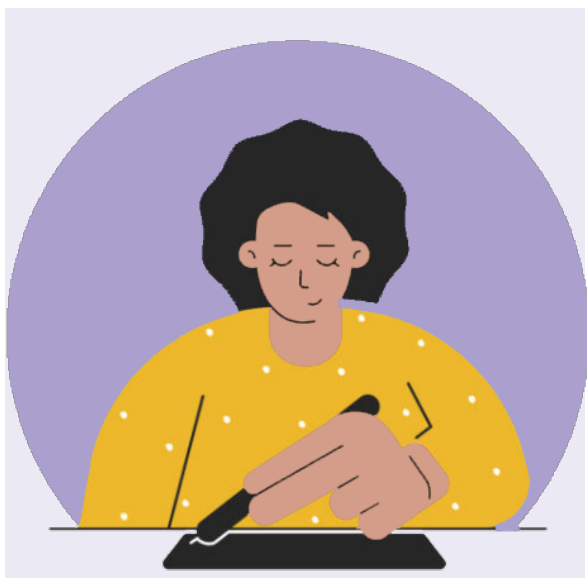
Get details and sign up here:



<https://redcap.link/cicwriting>

Questions

Contact us anytime: Bhupinder.nahal@ucsf.edu



The series will cover topics related to:

- Managing trauma, stress and grief
- Building resilience
- Finding hope and gratitude

Through these workshops participants will:

- Explore
- Engage
- Creatively replenish themselves
- Find peer support