

New in 2024...



Experience the joy of self-reflection and creativity.....

Memoir Writing

With Ellen Szabo, M.Ed.
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write better.
feel better.

Creating a memoir allows us to reflect on and share our life experiences and memories. By reflecting on our past, we gain a deeper understanding of ourselves and appreciate our journey. It is an opportunity to offer valuable insights and wisdom to our readers.

**Join Us for this Innovative Summer Workshop! Thursdays, 10:00 am - noon
June 13 & 27, July 11 & 25, August 22**



- ❖ Meetings are in-person at Family Caregivers Center, 901 8th Ave. SE and via Zoom!
- ❖ Open to Caregivers, Volunteers, and People living with Chronic Conditions!
- ❖ Co-facilitated by Mary Ann Grobstich, Family Caregiver Center staff member.
- ❖ Space is limited! 1st time attendees will be given preference. **Sign up by June 5th!**

Register by calling the Family Caregivers Center, 319-221-8866 or emailing
fccg@mercycare.org.

"My goal is not just to help people become the best writers they can be, but to facilitate their access to insight and inspiration and to encourage discovery of their personal strengths."
~Ellen Szabo