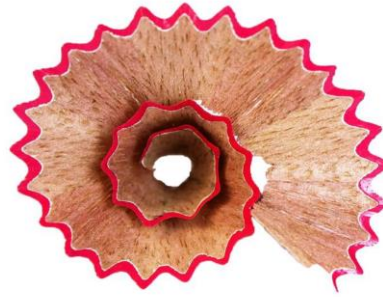


Back in 2024 by popular demand from the Innovation Series...

Journaling: writing to feel better

Wednesdays, 10 a.m. - noon
September 11 - October 30, 2024



write better.
feel better.

With Ellen Szabo, M.Ed. o
words@szabocreativeconsulting.com
[www.szabocreative coulting.com](http://www.szabocreativecoulting.com)

- ❖ 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! *Priority will be given to 1st time attendees.* **Sign up by September 6th!** Call the Family Caregivers Center at (319) 221-8866 or email fcc@mercycare.org.

Reflections from past Family Caregivers Journaling Workshop Participants:

“The Journaling Workshop gave me a tool to feel more confident in myself and in my ability to cope. It reminded me of the advice in a disaster of putting on your oxygen mask first so that you can help those around you. I took time for me and that is something I don’t normally do. I’m grateful that it was such a joyful experience.”

“Having such a fun experience in itself impacts my relationship with my husband. When I’m feeling happy, we both are feeling better. I have more patience and also more joy.”

“I have been able to use journaling to help myself examine my reactions in a positive, constructive way by writing down the situation, examine my role and then acting instead of reacting.”

“Ellen is an absolute gem. She is so respectful, encouraging, inspiring, kind!!!”

“This experience gave me my power back!”

