



## Happiness is Complicated: Writing to Feel Better

Ellen Szabo has led virtual workshops in Journaling, Poetry, and Memoir Writing, at the Family Caregivers Center for the past three years from Gloucester, MA. We are delighted to host her visit to Cedar Rapids this November! Join us for an inspiring one-of-a kind workshop open to caregivers, volunteers, and people living with chronic conditions. Co-facilitated by Mary Ann Grobstich, Family Caregivers Center staff member.

**Thursday, November 14, 2024**  
**10 a.m. to noon**

**DeWolf Innovation Center**  
**9000 C Ave. NE, Cedar Rapids**

**Register by November 4!** Call (319) 221-8866 or email [fcgc@mercyare.org](mailto:fcgc@mercyare.org).

*“Writing offers us ways to make sense of what happens in our lives, and it can help us to imagine something better. Writing can inspire and transform, and it can promote and support healing.” -Ellen Szabo*



write better.  
feel better.

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