

# It's Finally Here!

## A Writers' Group for Caregivers



Are you someone who spends a lot of time providing care for a family member or friend? Are there thoughts and feelings about your experience as a caregiver that you'd like to try expressing through writing? If the answer to both these questions is "Yes!" then you might be interested in joining a new writers' group for caregivers called "Finding Your Voice." Once a month gatherings will be held at the beautiful new Seminole Heights library at:

**4711 N Central Avenue  
Tampa FL 33603**

This is not a hardcore writing workshop, nor a therapeutic support group. Its purpose is to give caregivers like you an opportunity to capture your personal thoughts and experiences on paper through essays, poetry, list making, letters and fiction in an environment that encourages self-expression while maintaining confidentiality.

The group is facilitated by Judith Henry, who has a master's degree in education, and will soon be publishing her own book about the caregiving experience. Over the years, she has created and led workshops on a variety of subjects including the benefits of creative writing for adult new readers, and composing a written legacy for family and friends by sharing the richness of your life experience and hard-won wisdom.

The group is free to all participants. Our first three meetings will be held in Room #105 from 10 am to 12 pm on the following dates:

August 16  
September 20  
October 11

Please contact Judith directly at [jdhenry@mindspring.com](mailto:jdhenry@mindspring.com) if you're interested in participating and to answer any initial questions you may have.

