



Loudoun County Area Agency on Aging

FAMILY CAREGIVER EDUCATION SERIES

WRITING AS A COPING MECHANISM: A WORKSHOP FOR CAREGIVERS

SATURDAY, SEPTEMBER 7TH
10 AM - 2 PM

Forget the sandwich generation. You're in the burrito generation—squeezed on all sides by competing responsibilities and multiple commitments. And it's moments like these, when you think you've got absolutely no time for respite, that you need it the most.

This writing workshop for caregivers offers you a few hours' relief from your caregiving concerns. On Saturday, September 7, from 10 am to 2 pm, you can step off the treadmill and into the tranquility of this space we'll create for renewing your spirit through writing.

“Writing is the way I ground myself,” writes Abigail Thomas about her experience as a caregiver to a husband with brain injury in her essay “How to Write Your Own Memoir.” “Writing is the way I try and make sense of my life, try to find meaning in accident, reasons why what happens happens—even though I know that why is a distraction, and meaning you have to cobble together yourself.”

Give yourself the gift of sanity—the chance to make sense of your life, to write, alone and with others, in a serene setting where we'll

- use open-ended writing prompts to reflect on your experience;
- share those reflections with others—or keep them private, if that is what you need to make this workshop meaningful to you.

Together, we'll create a sacred space, through writing, that allows for nurturing and renewal—because writing your story can make the experience easier to carry.

We will also share lunch together, where you can talk with others who are in situations similar to yours, others who “get it,” no apologies or explanations needed. And sometimes that is the best respite of all.

Loudoun County Area Agency on Aging
742 Miller Drive SE • Leesburg, VA 20175

TO REGISTER FOR THIS FREE PROGRAM,

please send an email to aaasupport@loudoun.gov or call 703-771-5407.

Lunch and program materials will be provided..



If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.