



## FAQs: Writing Workshop for Caregivers

### Q. What is the Writing Workshop for Caregivers? What's the takeaway?

A. The Writing Workshop for Caregivers is a four-hour session (including lunch) that creates a sacred space, through writing, that allows for nurturing and restoration. Using open-ended writing prompts and other exercises, current and former caregivers write about and reflect on their experience, creating the space, through writing, that allows for renewal of the spirit.

### Q. What will we do in the workshop?

A. We write. We share our stories. Because writing your story makes the experience easier to carry.

### Q. I'm not a writer. Why would I consider attending a writing workshop for caregivers?

A. You have a story, and getting it down on paper is a way to take care of yourself...think of it as care for the caregiver.

### Q. Is this workshop supposed to be therapy?

A. No. The purpose of the workshop is not to provide therapy, but to provide respite from your regular caregiving duties and for you to take care of yourself. Yet the art of writing (and sharing) our stories is often therapeutic, and it can be healing.

### Q. What if I don't want to share my story out loud?

A. That's perfectly fine. Sharing stories is optional. This is your writing workshop. Write your stories, yes, but know that you have control over what you do with them.

### Q. Who else will be there?

A. Anyone, young or old, who is or has been in a caregiving situation. Someone who is giving care to a person with Alzheimers, perhaps, or brain injury, or cancer, or mental illness, or Parkinson's. Someone whose partner has died after a long or brief illness, and who wants to begin sorting out those experiences in writing. Someone who, despite the pull of caregiving responsibilities, recognizes that s/he needs respite, and will take this time to recharge and renew.

### Q. How big will the workshop be?

A. Because I'd like to foster personal connection, I'm limiting it to 12-15 people.

### Q. What will I get out of it?

- A. Mostly breathing space and the chance to create—which is in itself restorative. And these things: (1) time to nurture yourself with time to write, (2) three to five written stories or vignettes—wholly formed, or seeds for future writing—borne of reflecting on your experiences, and (3) the renewal of the spirit that comes with writing in community and interacting with other like-minded individuals.

### Q. Who's leading the workshop?

- A. That would be me, Joanne Lozar Glenn. I'm an experienced workshop leader, writing instructor, published author, and freelance writer and editor. To learn more about me and/or see some of my work, check out the following links:
- <http://noranagatani.com/?p=1582>
  - <http://eetap.org/media/pdf/StillDevelopingToolbox.pdf>
  - [http://www.mentorme.info/archives/watercooler\\_12\\_04.htm](http://www.mentorme.info/archives/watercooler_12_04.htm)
  - <http://artspark3.wordpress.com/cheryl-leibovitz-and-joanne-lozar-glenn/>

### Q. How do I know if this is right for me?

- A. The honest answer is you never know until you try. If, however, you'd like to talk to others who've taken workshops with me to get a feel for how we work and what it's like to be in a writing circle, let me know and I'll put you in touch with someone. Also, you can get a sense of the workshop from what others have said...so check out the next question.

### Q. What have people said about their experience in this workshop?

- A. Here's a sampling of comments taken from evaluations:
- *I loved it—I wrote today!*
  - *Very nice women. Some excellent work!*
  - *Delightful setting. Maybe a little longer? I don't write very fast sometimes.*
  - *Just perfect.*
  - *Thank you for helping me start back into writing.*

### Q. How should I dress?

- A. Comfortably. I always like to wear layers as insurance against whatever the HVAC system has in store that day!

### Q. What should I bring?

- A. Your curiosity, an open heart, and your own brand of genius. We'll be supplying a notepad and pen, but if you have a favorite pen or notebook that inspires you, feel free to bring it along. Laptops are fine, too—just remember to bring an extension cord...I'm not sure where the outlets are or how far away they are from where we'll be gathering.

**Q. I have a question that isn't listed here. Can you help me?**

A. Yes, you can email me (jmlglenn@gmail.com) or call me (703.721.2088). I'm happy to hear from you.

**Q. How do I register?**

A. Email me (jmlglenn@gmail.com) and I'll send you the registration form. You can send it back with your deposit, and we're good to go.