



Poetry



As a Path to Wellness

Location: Virtual

Date: September 13th, 1:00-2:30 PM

This is a closed 8 week group.

Attendance is expected for all 8 sessions

Poetry and poem-making can be a creative catalyst to affirm strengths and cultivate well-being in the journey toward wholeness. For centuries, people have turned to poetry to explore feelings and experiences, discover meaning, and find a way forward.

You are invited to engage with a small group of participants in a facilitated creative circle to experience this empowering gift of poetry. Poetry as a Tool for Wellness provides a means connect to ourselves, our world, and to one another through our words. Weekly sessions will explore themes designed to nourish well-being and wholeness through guided quotes, poems, discussion questions, writing activities and sharing.

****Although attendance at a previous grief group is not a pre-requisite, Poetry as a Path to Wellness can be beneficial in your continuing grief journey****

Please Contact :

Amy Dulac, Bereavement Coordinator

with any questions.

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Register Today

