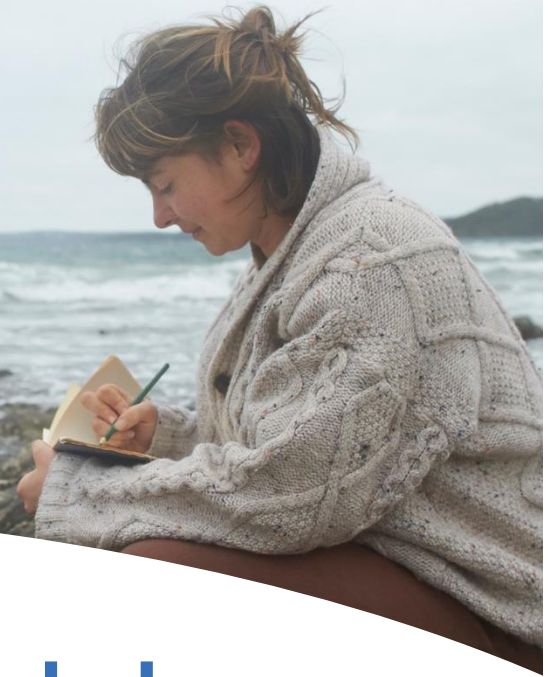


Writing as Healing

Writing cost nothing. You can write anywhere – you only need pen and paper. Since the 1990s, Studies have shown its healing effects.



Writing as Healing workshops

Held virtually on the 2nd Monday of each month @ 1:00 p.m.

Please join Joan with a **Writing as Healing workshop on Zoom**
[Launch Meeting - Zoom](#) link at 1 p.m.

If you haven't already done so, you have to [Download Zoom](#) before you can do this and it's free of charge. Once you've downloaded Zoom, just click "Launch Meeting - Zoom" link at 1 p.m. and you should find yourself in the meeting.

Joan will open the meeting ten minutes ahead of time in case anyone would like to join early. She'll be monitoring her email, so you can email her if having any difficulty at jdel4444@gmail.com

Immediately after the meeting, Joan will put the materials on the website sites.udel.edu/jdel so that people who miss the Zoom meeting can do the writing exercises on their own.

 ***If you have any questions, you may also contact the Junior Board Cancer Resource Library for further information at (302) 623-4580.***