



Writing Through the Grief

with Rayya Liebich

**Wednesdays,
10:30 am - 12:00 pm
Feb 15 - Mar 15**

"The only way to the other side is through"
- Helen Keller

Writing is a powerful tool to transform grief and loss. Gather in a safe space and explore your stories using guided writing prompts, journaling, inspirational poetry and take home tools. Carve out time to remember those you have loved even years after your loss, or take time out of your busy day to pause and tap into your grief and remember your departed. Bring your courage and pen. All skill levels welcome.

\$75 for 5-week series

Pre-registration is required

Please call: 250-352-3331 or email: info@kaleinhospice.org

Kalein Centre

402 West Richards St. Nelson, BC

-- Rayya Liebich discovered the transformative potential of writing as a vehicle for healing following the death of her mother in 2014. Her poetry manuscript *Tell Me Everything* which reveals her journey in this grief, has been published by The Ontario Poetry Society (October 2015). Rayya is a graduate of McGill University (B.A English Literature), and teaches Liminal Life Writing at Oxygen Art Centre. --

