

Writing Down Dementia: A Writing Workshop and Teleclass

Do you have a loved one with dementia?

Are you feeling loss?

Are you experiencing changes in family dynamics?

Would you like to investigate these questions and more through writing?

In these workshops, we will explore our thoughts and feelings about our shifting relationships with our loved ones. Through simple writing exercises, we will better understand and come to grips with our loved one's Alzheimer's disease or other form of dementia. We will create a safe environment in which to write and express our grief, our humor and our insights.

No writing experience is necessary.

There are two opportunities for participation:

Afternoon Workshop

Oakland, CA – Maxwell Park

Sunday, August 9, 2009, 1 – 4 pm

\$50

Pre-registration required. Space is limited.

Ongoing Workshop by Telephone

Meets via conference call twice per month for three months.

Tuesdays, 7 – 8:30 pm, beginning August 11, 2009

Workshop dates: August 11, 25, September 8, 22, October 6 and 20

\$60 per month or \$150 if you pay for all three months in advance.

Contact Sue to register or for additional questions: 510-269-4434

Sue@Oak-Communications.com

Kim Fowler, CPCC, is on the faculty of the Coaches Training Institute. She has written and performed numerous short theatre pieces, including *Crossing Over*, a work about her mother's stroke and the first two years of living with the aftermath. Kim has also written several chapters of an e-book about the impact of this event on her family. Her mother lives at a dementia specific facility in Oakland. www.mesacoaching.com.

Sue Schleifer, MA, is a certified Integral Coach whose mother passed away three years ago after living with Alzheimer's disease for six years. Sue writes to help her in the healing process and as a creative way to express her feelings and thoughts about caring for her mom. www.Oak-Communications.com.