Writing for Our Lives: For Women

What:
The focus of this shared medical visit is healing through writing. The participants write from the heart and share their writing with others. We “hold” what is shared through generous listening. The power of being heard allows us the opportunity to relate and connect with others.

Silence and isolation are often the most painful side effects of illness in any form. Together, we open and enjoy the comfort and release that a writing Community can provide.

When:
Ongoing – Tuesdays, 1:30 PM – 3:30 PM

Where:
Gravenstein Community Health Center
652 Petaluma Avenue, Suite F, Sebastopol, CA

Who:
For any female patients of West County Health Centers looking to explore narrative medicine.

How:
Simply call 707-887-0290 and reserve your spot for this wonderful and highly effective group.

Payment:
Shared Medical Visits are billed as a medical visit and will mirror the cost of a standard medical visit at your primary care site.

©2018 West County Health Centers 4/11