



The Samaritans A Safe Place to Turn in Times of Crisis

WRITING A PATH TO HEALING

**A Creative Expressions of Loss Workshop
with Carla Fine and Dr. Michael Myers**

The loss of a loved one to suicide can be an overwhelming occurrence in an individual's life. Each person who experiences this type of loss grieves the death of their loved one in a very personal and unique manner that impacts their sense of self, relations with others and how they function within the world they live.

Since silence and stigma so often surround the topic of suicide, survivors frequently feel alone and isolated in coping with their loss. Frequently, they have little or no outlet to express their innermost thoughts and feelings about their confusion, guilt, anger and heartbreak as well as their hopes for the future, strivings for resiliency and search for healing.

The *Writing A Path To Healing* workshop addresses these issues and challenges in a positive and life-affirming manner providing participants with a creative outlet to process their feelings.

Thursday, April 17, 7-9 pm

Admission Free, Reservation Required

Federation of Protestant Welfare Agencies
281 Park Avenue South (at 22nd Street)

Carla Fine, a survivor of her husband's suicide and the author of the book *No Time to Say Goodbye: Surviving the Suicide of a Loved One*, and Dr. Michael F. Myers, professor of clinical psychiatry at the SUNY Downstate Medical Center in Brooklyn, combine their dual perspectives as survivor and mental health professional to offer creative and different ways to cope with the suicide of a loved one.

Co-authors of the book *Touched by Suicide: Hope and Healing After Loss*, Ms. Fine and Dr. Myers present first-person narratives and offer hands-on participation through the use of writing exercises, role-playing and creative dialogue interchanges to help survivors learn ways to express their feelings about suicide, healing and recovery to their family, friends, community, and of most importance, themselves.

To reserve your place for *Writing A Path To Healing*, send an email with your name, address and phone number to: education@samaritansnyc.org Admission is free. Reservations are required.

Writing A Path To Healing is part of Samaritans *Changing the Conversation/ Beyond Surviving* initiative that has as its primary goal to destigmatize suicide loss and provide new outlets to those touched by suicide (as well as their family and caregivers), including expanding the resources and tools available to them.

This event has been made possible through a grant provided by New York State Office of Mental Health