

## Writing Through Our Grief: 2025 Workshops for Grieving Adults with Kay Windsor

“You don’t need to consider yourself a writer to attend these sessions. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing to prompts, we will gently probe, reflect, remember, and reconsider. We will honor our loved ones and reimagine our lives now as we write through our grief.”  
- Facilitator Kay Windsor

**Thursdays, 10:30 am – 12:00 pm**  
**June 19, July 10, and August 21**

Location for all sessions: Williams Education and Counseling Center,  
Trellis Supportive Care Main Campus, 101 Hospice Lane, Winston-Salem NC, 27103

There is no fee for the workshops, and individuals may participate in one or more sessions. Advance registration is required.

Call **(336) 331-1300**  
for more information  
and to register.

*“Writing with Kay Windsor never fails to be life-giving and restorative. In her gentle and peaceful way, Kay creates space for me to feel safe as I see where the pen takes me: exploring, meditating and reflecting through a variety of writing prompts. I continue to give thanks for Kay’s graceful leadership in this journey toward healing.”*

- Meredith, a workshop participant

**Kay Windsor** is a writer and a writing group leader. She enjoyed coaching writers as a teacher of journalism and English for four decades. She has led writing sessions at Trellis Supportive Care in recent years and reflective writing sessions, *Writing Our Lives*, for both church and community groups. She has been a member of the Farther Along writing group led by Carol Henderson for more than 20 years, and her writings are included in *Farther Along: The Writing Journey of Thirteen Bereaved Mothers*, on the Farther Along blog at [fartheralongbook.com](http://fartheralongbook.com) and in an anthology, *Lost and Found*.