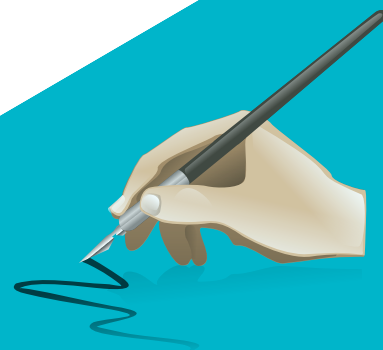


WRITE TO RELEASE

Providing a safe and private space to consider and release your emotions through writing.

What is Write to Release?

A guided session where participants are invited to explore and express their feelings in relation to a person they have lost or circumstances that have changed and how they feel about their experience of grief, through their private writing.



How does it help?

Following a loss, many people will be feeling a range of emotions and some of those may feel surprising, unwanted and not allowed - anger, shame, fury, numbness, vulnerability. Without a safe place to process these feelings they can fester and become detrimental to our well-being.

Write to Release has the potential to initiate the healing process for the participant, by supporting them to privately explore the thoughts and emotions they are experiencing. This process aims to help release some of the pain that may be present whilst keeping the memories of a friend, colleague, loved one or situation very much alive.

What if I'm not ready to share my grief?

This session provides a private and non judgemental space. There is no pressure or expectation to share your thoughts or feelings with anyone else unless you want to. Nobody but you will read your words unless you choose to share them and at the end of the session, there is the option to shred or tear up your writing to symbolise the release of emotion.



The finer details...

- Suitable for participants aged 10+
- Delivered in small groups of up to 6 people.
- Tailored on the day to meet the needs of the group.

Email
contactus@theolliefoundation.org
to find out more.