



**For Immediate Release**

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### **Cancer Services Introduces New Bereavement Workshop**

Cancer Services of Northeast Indiana will host "Invisible Ink™, Writing Through Your Grief," a new workshop that explores writing about traumatic experiences to heal pain. In this active approach to moving through grief, participants will write letters to loved ones each week to express different aspects of loss. Brief guided meditations will help participants relax and write about the ways in which their loved one's death has affected them.

Beginning Monday, November 14, 2011, and running through January 9, 2012, Kathy Curtis, an artist and author will facilitate this workshop. She has 20 years of experience teaching adults and children to tap into the healing power of creative expression. When her mother died three months after being diagnosed with cancer, Kathy wrote letters to relieve her feelings of loss. Her book, Invisible Ink: The Journey Beyond Words, and the companion workshop share the power of this approach with others who may feel stuck in their grief.

To reserve your spot, call Cancer Services at (260) 484-9560. This workshop is open to 9 people.

**WHAT:** Invisible Ink

**WHERE:** Healing Arts Center, Cancer Services of Northeast Indiana, 6316 Mutual Drive

**WHEN:** Mondays at 6:30PM beginning November 14, 2011 through January 9, 2012

This course is also available online for anyone who would prefer to experience it in the privacy of their own home. For more information, please visit [www.kathycurtisink.com](http://www.kathycurtisink.com).

### ***About Cancer Services of Northeast Indiana***

Cancer Services' mission is to enhance the quality of life of those affected by cancer by providing meaningful resources, information and compassionate assistance. Last year, more than 2,500 local people with cancer and their families received emotional support and practical resources for their cancer journey. Cancer Services of Northeast Indiana helps people who live in Allen, Adams, DeKalb, Huntington, Kosciusko, LaGrange, Noble, Steuben, Wabash, Wells, and Whitley counties. For more information, visit [www.cancer-services.org](http://www.cancer-services.org).