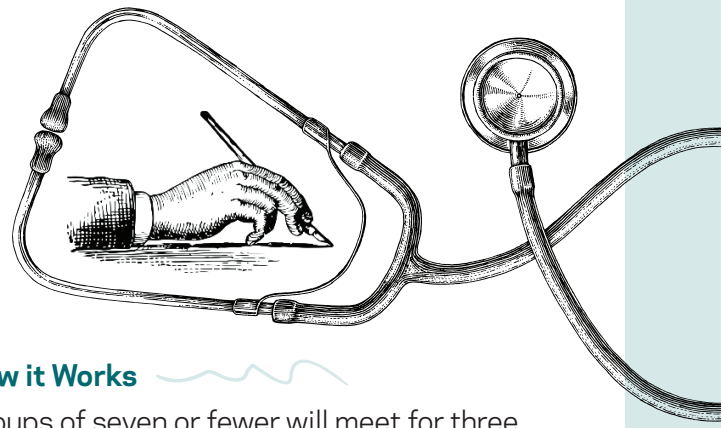


Free WRITING WORKSHOP FOR HEALTHCARE WORKERS AND FIRST RESPONDERS



While we have not walked in your shoes, we would like to offer a pathway through your particular moments of sorrow, pain, hope, kindness, resilience, and humanity. *The Things They Carry* is a safe space for you to write through your experience and to make sense of all that you have witnessed.

As healthcare providers and first responders, you are now returning from a different kind of war than most of us have known and carrying memories that most of us will never have.

About the workshops

Writing helps to shape our memories and heal our grief. Our workshops offer a small, supportive environment helmed by skilled writers and sensitive clinicians whose only job is to help you sort out the loss, upheaval and discoveries of the past year. Even more, the chance to share your experiences with others in the field can help relieve feelings of isolation and foster a real sense of community.

How it Works

Groups of seven or fewer will meet for three workshops, 90 minutes on Zoom led by expert leaders—writers and therapists—from across the country. Each person will have time to share their writing or talk about what they are working on. Even if you don't think of yourself as a writer your story is important and we can help you tell it.

Who We Are

We are a group of experienced writers and trained psychotherapists who have come together to offer free writing workshops for healthcare workers and first responders. We have worked side-by-side, some of us for many years, and have experienced together the power of creating a shared narrative.

The Things They Carry Project is part of New Directions in Writing, under the auspices of Washington Baltimore Center for Psychoanalysis.

For more information, contact—

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"I carry the memories of the ghosts."

TIM O'BRIEN, AUTHOR OF *THE THINGS THEY CARRIED*

A stylized, handwritten signature in black ink, likely belonging to Tim O'Brien.

REGISTER AND SIGN-UP AT
THINGSTHEYCARRYPROJECT.ORG