

Author to conduct writing workshop for the bereaved



Sheryl Levin and Marjorie Kosoy

Red Bird Center, providing bereavement and loss counseling, will host a free writing workshop on Sunday, March 8, with Robin Romm, author of the newly published book, "The Mercy Papers." During this hands-on program, participants will explore their own experiences with loss, discovering how to cope with their feelings and struggles on a daily basis.

This Evening of the Arts Series is hosted by recognized therapists and Red Bird Center co-founders, Marjorie A. Kosoy, Ed.D. and Sheryl Levin, M.Ed, LPC. In addition to traditional counseling with individuals and families, Kosoy and Levin specialize in situation specific groups - support groups for people facing a similar type of loss such as suicide or loss of an infant. Kosoy's and Levin's private practice is located in Bellaire.

"Losses like these are so deeply painful," says Kosoy. "People need to know there is a safe place to go where they can talk to others who know exactly how they feel - and feel completely comfortable opening up

and starting the healing process. Our mission is to guide those in mourning through their journey and encourage hope for the future."

The Evening of the Arts adds a special component to our healing process for those who lost a loved one. Romm will give participants an opportunity to write about their experiences and struggles. "The arts are therapeutic," says Levin. When people express their thoughts in writing, or by drawing, healing is enhanced."

New York Times writer Lee Hager Cohen wrote, "In Romm's hands, anger becomes an instrument for pursuing truth, an extremely effective crowbar with which to pry back nicety and expose something unfettered, something darker. Often, it's from this unfettered darkness that the author delivers her best lines, the words strung together with a kind of plain-mouthed beauty."

Through her writing, Romm "chronicles not only the final weeks of her mother's life but also, in passages too seamlessly interwoven to be called flashbacks, the almost decade-long period in which cancer invaded the author as well - not physiologically but in every other imaginable way," adds Cohen.

This Red Bird Center program will be held at Houston Hillel, 1700 Bissonnet, from 3 to 5 p.m. The program, underwritten by Levy Funeral Directors, is open to those who experience loss as well as therapists and physicians. For information and to RSVP, contact Kosoy and Levin at 713-621-2700 or redbird@redbirdcenter.com. □