



# Journaling Through Grief

Wednesday, March 25 | 5-6 P.M.

Join us and presenter Cynthia Fabian for a gentle, guided journaling program offering a safe space to reflect, write, and connect while navigating grief. Participants will explore simple prompts to support expression, healing, and self-care.

Registration encouraged. Meeting room A.



**Sarasota County Libraries and Historical Resources**  
**Gulf Gate Library**  
7112 Curtiss Ave., Sarasota, FL 34231

[SarasotaCountyLibraries.org](http://SarasotaCountyLibraries.org) | call 311 or 941-861-1110



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