

Are you a family or friend caregiver supporting the care of an adult (18+) in your Cape Breton community?

You are invited to take part in a research study:

Tending to self, tending to other: Contemplative writing with family caregivers

In this study we aim to deepen our understanding of how a contemplative writing program influences the overall well-being of caregivers and their approach to caregiving.

What participation involves:

- Participating in a contemplative writing program
- 2 hours a week, for six weeks
- Over Zoom (in English)
- Each weekly session will include guided meditation, writing practices, and time for sharing with other caregivers.
- After completing the program, you will be asked to share your experience in a 45 to 60-minute research conversation.

Contemplative writing is a practice of befriending ourselves through writing in community. We give voice to our thoughts, feelings, and experiences with openness and curiosity.



If you are interested in learning more, please contact our research team by:

Phone: 902-563-1410 or

Email: Contemplative_Caring@cbu.ca

Facilitators:

Dr. Pamela Richardson is a Registered Clinical Counselor with a Masters and PhD in Education. She leads contemplative writing groups from her community of Victoria, BC.

Dr. Lacie White is an Assistant Professor and researcher with the Nursing Department at Cape Breton University. She has a background in palliative care nursing, and as Caregiver Support and Engagement Lead at Family Caregiver of BC.

Approval to conduct this study has been granted by Cape Breton University Ethics Board