Frequently Asked Questions

Do I need any writing experience?

No, not at all. If you've ever composed a letter or an email, you are already a writer. The writing you will do does not need perfect wording or grammar or punctuation. The content and intent of the writing is what's important.

What will I write about?

The prompt given each week will guide you to compose a piece about what the prompt means to you and your life. An example prompt is: Describe an event you attended. It could be a birthday celebration, a vacation or a drive in the country. Try to use as many of the senses as you can in your description, what does it look like, sound like, feel, smell and taste like.

How many words are required for each piece of writing?

it can be any length. Each person has five to six minutes, or shorter, to read their composition.

Do I have to read what I have written?

That is entirely up to you and your comfort level.

What are the benefits to taking the program?

Taking this writing program offers several benefits for stroke survivors

- It provides a mental workout by challenging the brain to find the right words and craft a cohesive piece of writing. The carefully designed prompts stimulate memory, creativity, and cognitive skills, encouraging the brain to work in harmony.
- Sharing personal stories fosters meaningful connections with others in the group, helping to build a sense of community and support.
- Most importantly, the process is enjoyable, making it a fun and rewarding experience.