



Writing Your Cancer Journey: An Expressive Writing Workshop

Writing allows us to unearth, express, and make meaning out of our cancer journeys. Through the process of writing about our experiences, we can find healing as we explore the impacts of cancer on our lives. Join us in this safe, supportive community to generate and share writing through cancer.

Beginning and experienced writers are welcome. All you need is pen and paper, or if you prefer, a laptop. Between monthly sessions, the facilitator will provide optional writing prompts and supportive feedback to those who wish to participate in this way.

- Dates:** The first and third Wednesdays of the month
August 5, August 19, September 2, September 16, October 7,
October 21, November 4, November 18, December 2, December
16
- Time:** 1:15pm – 3:15pm
- Location:** Hoover Pavilion
211 Quarry Road
Conference Room 208
Palo Alto, CA 94304
Parking Passes provided for Parking Structure 9
- Led by:** Ali Zidel Meyers, MSW
- Questions:** Please email cancersupportivecare@stanfordhealthcare.org
or call **650.725.9456**.