

**An In-Person Workshop**  
**Under the Sea Crafting**  
**Relaxation for our Cancer Community**  
**Melisa Castanon, MSW**



Date: Monday Oct 9th, 2023

Time: 12:00pm to 1:00pm

Place: CSCVVSBB Office

Cost: Free to CSCVVSBB Participants

RSVP: Register on our website:

[cancersupportvvsb.org](http://cancersupportvvsb.org)

or email:

[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)

or call: 805.379.4777

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Let's paper-craft! Come join us to craft and enjoy the company of other people impacted by cancer. This is the time for community building while using your creativity to make something for yourself, your friend, kids, or grandkids! We will be using an embroidery hoop as a frame to create a relaxing underwater scene! Please bring a pair of tweezers from home, it helps to hold onto the small pieces, we will provide the rest.

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Melisa Castanon is a former intern with Cancer Support Community. She is a recent graduate from Denver University receiving her master's in social work. She loves to be creative in her spare time and share her passion with others.