



My Journey Through Cancer – *Wait, What Just Happened?* **A 4-Week Lunchtime Journaling Support Group**

Anne Gessert, MS, LMFT



TIME & PLACE:

IN-PERSON MONDAY, JULY 7 - JULY 28
12:00 - 1:30PM

CANCER SUPPORT COMMUNITY
VALLEY/VENTURA/SANTA BARBARA
4195 E THOUSAND OAKS BLVD #107
WESTLAKE VILLAGE, CA 91362

NO COST

This group is for anyone impacted by cancer -- person with cancer or caregiver - who would like to process this life-changing cancer journey.

Each week, a prompt will be suggested by the facilitator, we'll quietly write for 15 to 20 minutes, and then come back together to share as much as desired.

For some this might be a jump start to writing a memoir about their cancer experience, for others simply a time to quietly reflect and process in writing.

Anne Gessert, MS, LMFT, has facilitated support groups at Cancer Support Community Valley/Ventura/Santa Barbara for 25 years.

Feel free to bring your lunch or a treat to share. Coffee and tea available.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777