



Writing Alone Together:

The Power of Journaling in Your Grief Journey

A 6-Week Journaling Support Group
with Anne Gessert, MS, LMFT



TIME & PLACE:

IN-PERSON WEDNESDAY, MARCH 4 - APRIL 8
10:00 - 11:30AM

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

NO COST

In the safe environment of this group, participants who have lost a loved one to cancer will spend some time quietly journaling and then sharing as much of their writing as they choose with others in the group. The combination of journaling and sharing with others can help increase resilience, deepen compassion for ourselves and others, and provide an opportunity to share cherished memories.

Anne Gessert has facilitated bereavement groups at Cancer Support Community Valley/Ventura/Santa Barbara for over 30 years.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777