



# 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](http://cancersupportvvsb.org)  
email: [programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)  
call: 805.379.4777