



Online Workshop

Speaking Up: Empowering Your Voice in a Room Full of White Coats

Distress is a universal part of the cancer journey, affecting approximately 40% of all people with cancer. Often, this distress is tied to the complexities of navigating healthcare systems, insurance stability, and financial toxicity. In this workshop, we will move beyond the individual burden of navigation by exploring the biopsychosocial lens of cancer care. Empower your voice to navigate the healthcare system with confidence.

DATE:

**FRIDAY, APRIL 17, 2026
@ 12:00 PM-1:00PM**



PLACE:

**ONLINE VIA ZOOM
(Zoom link provided upon
registration)**

NO COST

Riya Athwal, MSW Candidate~ UCLA

Riya Athwal is a Master of Social Welfare student at UCLA specializing in Health and Mental Health Across the Life Span. Riya has an academic background in Psychology, and is currently interning at Cancer Support Community Valley/Ventura/Santa Barbara. She is dedicated to sustaining the highest levels of care through evidence-based interventions and strategic process improvement.

Her goal is to support the whole patient through a biopsychosocial lens, advocating for interdisciplinary team collaboration to unburden individuals from the emotional, financial, and logistical distress of a cancer diagnosis. By integrating clinical support with health policy, she empowers patients with the self-advocacy tools and objective resources necessary to navigate complex healthcare systems and improve their overall quality of life.



To register and learn more:
cancersupportvvsb.org/events/
email: programs@cancersupportvvsb.org
call: 805.379.4777