



Celebrating Strength & Moments of Joy

**A 4-Week Journaling Support Group
with Anne Gessert, MS, LMFT**



TIME & PLACE:

**IN-PERSON WEDNESDAYS, JUNE 3 - JUNE 24
10:00 - 11:30AM**

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

NO COST

Going through cancer, either as a person with cancer or a loving family member, can be scary and hard. But there are also times when you realize that you have strength you didn't know you had and there are times of unexpected joy and gratitude. This four-week summer journaling workshop for anyone touched by cancer is an opportunity to focus on, cherish and share those times of strength and joy.

The format of this journaling workshop is simple – a prompt suggested by the facilitator, 20 minutes of quiet journaling, and a time of sharing for those who choose to do so.

Anne Gessert is a long-time support group facilitator. She very much enjoys facilitating journaling workshops that provide the opportunity for both quiet reflection and sharing.

To register and learn more:

email: programs@cancersupportvvsb.org

call: 805.379.4777