

# Writing As A Way of Healing:

*Open to all UVA Comprehensive Cancer Center patients*



**Thursdays | May 21st - July 2nd | 2:30 - 4:00pm**

## Overview

A cancer diagnosis can bring many emotions, challenges, and changes.

- Writing As A Way of Healing offers patients a supportive space to pause, reflect, and explore writing as a tool for healing, stress relief, and self-expression
- Through guided prompts and gentle conversation, participants will have the opportunity to process their experiences, connect with others who understand, and discover how writing can support emotional well-being
- No writing experience is needed — just come as you are

## Goals of Workshop:

- Connect virtually via Zoom
- Find community in connecting with other patients
- Use writing as a form of self-care
- Join a safe space to write and share as a process of creative expression, and healing
- Explore experiences, emotional challenges, and joys of writing through cancer