

Write to Heal Workshops

A Six-Week Series



Hope for every journey

How can writing help heal?

Writing has been shown to help reduce stress, improve mental health, and foster emotional healing.

About the Workshop

This free online writing workshop offers cancer patients and survivors an opportunity to explore the healing power of expressive writing. Through writing and sharing your experiences, you'll reconnect with your voice and gain emotional release as part of a supportive community. Writing can't cure, but it can heal—scientific studies show it helps with mental, emotional, and physical health.

Six-Week Series Starts

Thursday, November 7th, from **10:00 AM - 12:00 PM (MDT)**
6 Thursdays: November 7, 14, 21, December 5, 12, 19 (*We skip Thanksgiving, November 28*)

Location: Online via Zoom.

Facilitator

Joanne Fay Brown, LMSW
Email: joanne@joannebrown.com

Together, we make a difference.

The mission of the Cancer Foundation for New Mexico is to help save lives by removing barriers and providing needed support to Northern New Mexicans with cancer seeking medical treatment in Santa Fe.

For more information please contact:

Caroline Owen
(505) 955-7931 x 403
SupportGroups@cffnm.org

Generously underwritten by *Stephen and Jane Hochberg*

CFFNM.ORG