

Write to Heal

Eight-Week Workshop Series

REGISTER NOW FOR FALL SESSIONS!



Hope for every journey

How can writing help heal?

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

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.

Eight-Week Series

September 3–November 5, 2026

Thursdays • 3:00 PM–5:00 PM MST

No meetings September 24 or October 1

Location

Sessions are held remotely via Zoom, so you can participate from anywhere.

Facilitator

Joanne Fay Brown, MSW • joanne@joannebrown.com

Generously underwritten by Stephen and Jane Hochberg.

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*Together,
we make a
difference.*

Our Mission

To help the people of Northern New Mexico navigate their cancer journey with hope, dignity, and needed support.



For more information,
please contact:

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CFFNM.ORG