



# WRITING THROUGH TRANSITIONS

5 Thursdays: September 9 - October 15

10:00 am - 12:00 pm

**Life with Cancer Family Center**

**8411 Pennell Street, Fairfax, VA 22031**

Change is a part of life and brings questions, challenges and the opportunity to create deeper meaning. This is particularly true when cancer is the change that demands our attention.

Regardless of where you are in the process, whether you are patient, caregiver or both there is a structured writing process that can safely serve as a beacon and guide as you navigate. Wisdom, meaning, strength and resilience are often positive outcomes and learning the process is a skill that can transfer to future changes and challenges.

**Facilitator:** Licensed Professional Counselor and Certified Journal Therapist, Deborah Ross

**Required:** Published guided journal, \$15.

**For information:** Darah Curran: 703.206.5435; Darah.Curran@inova.org

**Registration is required at**

**[www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698.2526**

