



# Healing Through Writing

## Young Adult Writing Workshop

CancerCare and Elephants and Tea are hosting a **free virtual workshop** for the Adolescent and Young Adult (AYA) cancer community!

In a relaxed, safe environment, participants will learn to use journaling as a tool to manage emotions that are present during cancer diagnosis and treatment. Facilitators will guide attendees through writing prompts and open discussions, providing opportunities to connect with peers and share experiences of navigating a cancer diagnosis as a young adult.



**Wednesday, January 29, 2025**  
**6:00 - 7:30 p.m. ET**

