



## PATIENT & CAREGIVER EDUCATION

# Young Adult Workshop: Healing Through Writing

Join the Adolescent and Young Adult (AYA) Program and special guests from Elephants and Tea for a virtual writing workshop. You will learn about the power of narrative therapy as you write about your thoughts and feelings regarding your cancer experience in a safe, comfortable environment. Whether you are a patient or survivor, whether you have writing experience or you don't, this workshop is the perfect opportunity to see how healing the act of journaling can be. All attendees who are interested will receive a free guided writing journal that was personally created by the Elephants and Tea team with the help of the I'm Not Done Yet Foundation. We hope to see you there!

Open to patients ages 21-39.