



Community is Stronger than Cancer®

MOVING FROM GRIEF TO LIFE - A Creative Writing Workshop With Ciena Rose William



Date: Monday, December 6, 2021

Time: 12:00 PM - 1:00 PM

Location: Online (Zoom)

Cost: No Cost

RSVP: www.cancersupportvvsb.org
programs@cancersupportvvsb.org
or calling 805.379.4777

We have all been through a wake-up call; a significant loss, a difficult diagnosis, or the death of a loved one. Our world has changed and continues to change.

Crisis and waves of unpredictability can knock us off our feet and they can also open the door to the stories that only you can tell and poems that only you can write.

- Come explore the remarkable details of your life and experiences on paper in respectful community with others.
- We will navigate the stark contradictions of love and loss while finding creative narratives that help us identify our experiences and heal.

So bring it all: your curiosity, beauty, scars, longing, wisdom, and surely your beginner's mind and heart. We will create from all of it!

ABOUT OUR PRESENTER

Ciena Rose William is a somatic business coach, a writer and meditation teacher. Early in 2020 she was diagnosis with early stage lung cancer by three different oncologists. The surgery in November disproved this. Creative writing and meditation was a path for her during the twists and turns of the past year. Moving from Grief to Life - A Creative Writing Workshop was designed during this time to support kindred spirits facing challenging times and diagnoses on their healing path.