

Stress Reduction



Connecting Through the Arts: May/June 2022

A Free Virtual Workshop Presented by
Cancer Support Community Atlanta

Led by:
Gayle Torres, ATR-BC

Art can be a wonderful way for those affected by cancer to express themselves and share their experience with others. Join Art Therapist Gayle Torres, ATR-BC, for this monthly virtual art class as she explores the many ways to connect through the arts. No previous experience is required.



Writing has been proven to be therapeutic, particularly with cancer patients and survivors. Join us for these monthly writing exercise classes to practice self-care through the art of writing.

Wednesday, May 25, 2022 10:00 a.m.-12:00 p.m.	Writing for Happiness This class will use writing prompts to remember those things that make us feel most happy and at ease with ourselves.
Wednesday, June 22, 2022 10:00 a.m.-12:00 p.m.	Writing for Strength and Compassion In this class we will use prompts to identify personal strengths and a (light) way of being compassionate with ourselves to our own foibles.

Register in advance for this program on our website at:

www.cscatlanta.org/calendar

After registering, you will receive a confirmation email containing information about joining the program.

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