



# Survivorship Writing Workshop

Freeing the Heart: Writing, Relationships and Other Side Effects

led by David Meth



**This two part workshop** encourages participants to explore writing as a therapeutic release. It is meant to bring people together to speak and write about the important and delicate topic of cancer and its impact on our lives.

The group will be exposed to some basic writing exercises, encouraged to create personal narratives in whichever written format speaks to them, and given the opportunity to share, if desired.

Participants are encouraged to attend both sessions, but may sign up for only one, as well.

No writing experience is needed!

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**David Meth** is an author, a prostate cancer survivor and at a younger age lost his father to cancer. His passion is to combine his experiences and talents in a way that helps expose others to writing as a healing tool.

- Who:** Survivors and friends/family of survivors  
Open to all, members and non-members
- Dates:** Saturdays, October 12th & 19th
- When:** 10:00 - 12:00pm
- Cost:** Free
- Where:** Center for Survivorship  
250 Pequot Ave, Southport, CT
- Other:** Materials will be provided, however feel welcome to bring along your favorite journal, pen or any writing you may have done previously.

**To sign up or for more information:**

Go to [www.ctchallenge.org](http://www.ctchallenge.org), click on Center for Survivorship, then Schedule.  
Or call 203-292-8722. Space limited.