The Virginia Piper Cancer Institute is pleased to offer patients with breast cancer this unique opportunity to explore healing through writing. Two professional writers will guide participants through various writing exercises designed to explore your journey through breast cancer.

These classes are offered free of charge in partnership with The Loft Literary Center and the Sharon Willbrandt Foundation. Registration is required. You will be able to choose classes from both fall sessions I and II and/or spring sessions I and II; however, only six total classes can be attended in the fall and six total classes in the spring. Join for one class or up to 12 classes throughout the year.

SESSION DETAILS

SESSION I
Teaching Artist: Roxanne Sadovsky
Course Description: Writing Together
Writing together and sharing stories in a safe, supportive, and nurturing community is a great way to connect with others, practice self-care, and give yourself some much needed “me” time by exploring the gifts of your personal stories, thoughts, feelings, dreams, and deepest truths as they come alive on the page. Please join writer, teacher, and writing therapist, Roxanne Sadovsky, for this peaceful series of writing, healing, creativity, fun, and sharing. No writing experience needed, all welcome.
This course is open to all patients with breast cancer, from newly diagnosed through survivorship.

SESSION II
Teaching Artist: Peter Blau
Course Description: Writing for Healing
This is a class for people who don’t consider themselves writers, but are looking for a quiet space and an affirmative activity to help them cope and heal. It will begin with introductions and class expectations. The teaching artist will discuss how participants’ personal writing, a combination of journaling, memoir, and letter writing, can offer a retreat from a difficult time. It can be a beneficial way for patients to connect as they explore their creativity and share thoughts and feelings.
This course is open to all patients with breast cancer, from newly diagnosed through survivorship.

LOCATION:
Virginia Piper Cancer Institute – United Hospital
Conference Room
310 N. Smith Ave., Ste. 300
St. Paul, MN 55102
Parking in the Green Ramp is suggested.

REGISTRATION:
Please contact Ali Cain, social worker, Virginia Piper Cancer Institute, at 651-241-6408 or alicia.cain@allina.com.

FALL 2014
SESSION I
Every Thursday
10-11:30 a.m.
Oct. 2, 2014 – Nov. 6, 2014
SESSION II
Every Monday
4:30 p.m.

SPRING 2015
SESSION I
Every Thursday
4-5:30 p.m.
March 5, 2015 – April 9, 2015
SESSION II
Every Monday
10-11:30 a.m.
March 2, 2015 – April 6, 2015