

# New Year, New Normal

## Intentions for the New Year Through Writing

A workshop for people who have been diagnosed with cancer



**“Writing gives us insights into who we are, who we were, and who we can become.”** – Sandra Marinella, *The Story You Need to Tell: Writing to Heal from Trauma, Illness, or Loss*

A cancer diagnosis often disrupts our plans, our goals—our lives. Join with others as we utilize prompted writing, (eg, poems, essays and quotes) to write a road forward. No creative writing experience needed. Sharing is always optional.

### Objectives:

- Explore the impact of a cancer diagnosis
- Support the construction of the “new normal”
- Cope with change
- Promote healing on the inside

Karen Newcomb is a Licensed Marriage and Family Therapist who has been facilitating writing groups since her own diagnosis of Breast Cancer in 2012. She is a certified Journal To The Self Facilitator and Cancer Journey Coach. She feels very honored to facilitate writing groups throughout the Bay Area, and this is her first group at MarinHealth.

### When

Saturday, January 27  
12:00 pm – 2:00 pm

### Where

1350 South Eliseo Drive  
Suite 120

### RSVP

Space is limited.

Please call Ali Garrett at  
415-925-7688 to reserve  
your spot.