

*“... a unique way to express our thoughts, feelings and insights with others with similar challenges.”*

— participant in Cancer Support Group



# ARTS-BASED CANCER SUPPORT GROUP

**A safe, facilitated space to:**

- share support and experiences with others who have or have had a diagnosis of cancer
- reduce stress, anxiety, fear and isolation
- have fun with creative expression

All are welcome regardless of age, gender, and degree or experience of cancer.  
No art experience required!

## 6-WEEK PROGRAM

**SUNDAYS, NOVEMBER 1 – DECEMBER 6 / 2:30PM – 5:00PM**  
**WI HALL, 476 SOUTH RD. / BESIDE THE POST OFFICE**

**Program facilitators: Liz McKnight, DVATI and Jaki Deer, MA**

For more information or to register, contact: **Liz McKnight (250) 713-8857** or email: [articuleyes@mac.com](mailto:articuleyes@mac.com)

**There is no charge for this program. Donations are gratefully accepted.**



**A GABRIOLA ARTS COUNCIL  
HEALING POWER OF ART PROGRAM**

[www.artsgabriola.ca](http://www.artsgabriola.ca)