

Here are some thoughts from some members of the Survivors Writing Together group that meets at the UNMCC every Monday from 2:30 to 4:00 pm. They come from the annual retreat of the group, which was held August 26, 2017. And a few more pictures of Tai Chi.



I depend on the group to help me when I need release from life itself, I don't attend consistently but when I do, it means I want to share intimately and privately what I am feeling. I know my privacy is

guaranteed. I have been attending for over seven years.

-- Katherine Dawning

...The closeness that comes from our sharing the deepest part of ourselves.

--Kathleen Smith

There is an honesty and safety here. Everyone is accepted for who they are in a way that allows us to each see ourselves in a deeper light.

Unsigned



The writing group provides a great place where we cancer survivors can comfortably share our past history, our present-day feelings and our future hopes and plans. The friendships that have formed from our group are so genuine, based on similar

health stories and complete trust.

Mark Rupert

I look forward to spending Monday afternoons with warm caring people, who have experienced the same fears and hopes that we all share, openly, together

--Susan Taylor

Being part of the writing group is the time I feel best – the most relaxed, in-tune with myself and others, accepted and even cared about. I care about everyone in the group. They feel like family to me.

--Sandy G

The physical and emotional changes I've experienced in six years of cancer and cancer treatments made me feel isolated from everyone until I joined the writers' group. I share things within the group that I don't share with anyone else, and feel loved and accepted. It's my safe place.

-- Gavriela de Boer



