

The Light of The Heart



A Community Art Therapy Project

A cancer diagnosis is difficult at any age, but young adult cancer patients and survivors experience a unique set of challenges and concerns. This workshop is designed to address the specific needs of young adults whose lives have been affected by cancer, while providing a safe and supportive environment for self-expression.



## Healing Hearts

**Creative Coping for Young Adults  
Affected by Cancer**

*Facilitated by Lisa Kolodziej,  
MAAT candidate and clinical intern*

In this eight-week workshop, art therapy intern Lisa Kolodziej will lead you through a variety of art making experiences designed to help encourage you to use your creativity to cope with the effects of your diagnosis. Together, we will utilize visual expression and group discussion to explore your personal cancer journey, and to discuss both the negative and positive aspects of having cancer.

**This workshop is designed for young adults, ages 18 through 24, whose lives have been affected by a cancer diagnosis.** Individuals are welcomed at any stage of their cancer journeys, from newly diagnosed to long-term survivors.

**Dates:** Eight consecutive Mondays, beginning September 8th and ending on October 27th, 2014

**Time:** 6:00-8:00 p.m.

**Location:** TLOTH studio, 14 W. Downer Place, Suite 203, Aurora, IL 60506

**Fee:** No fee. Donations graciously accepted.

**Registration:** Register online at <http://thelightoftheheart.org> or by phone at **630-486-4078**.

Register early, space is limited to 5 participants.

Questions? Please contact us! 630-486-4078