

CREATIVE PROCESS AS A HEALING PRACTICE

A WORKSHOP with Steve Coombs

Monday, OCTOBER 28, 2019 from 1-3 pm

Labrador-Grenfell Health Administration Building



Standup comedian, Steve Coombs, will be embarking on a full provincial tour of his show, *Here and Now*, and as part of the tour, he will be offering a workshop in each community that he is visiting. The workshops are free of charge for participants and space is limited to fifteen (15) people.

The workshop is specifically for cancer patients, survivors and caretakers, and centers on the creative process as a healing practice. Steve shares about his own experience with writing, as he worked through his diagnosis, treatment, and life after.

Provided in a safe and supportive community, these workshops can enable participants to explore different aspects of the cancer journey using a variety of prompts and exercises designed to help them explore and express their experience of cancer in whatever form is most natural for them.

"Cancer is a lesson that teaches us how to pay attention to laugh; to be present. We learn from it. It gives us the tools we need to apply to everyday life." - Dr. Sharon Bray Ed. D

TO REGISTER: Please contact Sondra Spearing at Labrador-Grenfell Health at sondra.spearing@lghealth.ca or 897-3104.

Please note that there are 15 spots available for the workshop, so please register early.

For more information about Steve's comedy show, please visit our website at www.obrienartscentre.ca



**HERE AND NOW – A one man show by Steve Coombs
Lawrence O'Brien Arts Center, Happy Valley-Goose Bay
Sunday, October 27 at 7:30 pm**