



Reflections on Paper

Express yourself and join us in a 4-week expressive writing series. Learn different journaling techniques to explore your inner self and reflect on your cancer experience in a safe and supportive environment.

No writing experience necessary, just a desire to connect with yourself and an openness to use this creative process as a skill towards healing.



Facilitator:

Cherry Aslarona, MA, LMFT

When:

Wednesdays, 6:00-7:30pm
August 21, 28, and September 4, 11
(Check-in begins at 6:00pm, class starts promptly at 6:30pm)

Location:

Cancer CAREpoint Resource Center
2505 Samaritan Dr., Building 400, Suite 402, San Jose 95124

Writing materials will be provided to all participants.

Space is limited and advance registration is required. Please register online or call Cancer CAREpoint at: 408.402.6611 or email: info@cancercarepoint.org.



Cherry Aslarona, MA, LMFT is the Survivorship Program Coordinator at Cancer CAREpoint. She received a Bachelor in Psychology from Chapman University and a Master in Counseling Psychology with emphasis in Marriage & Family Therapy from Palo Alto University. She started her career as a mental health specialist working in trauma and serving those within the foster care system and juvenile probation system. Over the past 6 years, she has provided psychotherapy, counseling, and psycho-education to children, teens, and families in community based mental health settings and in schools. As a cancer survivor, Cherry was looking for an organization where she could serve others impacted by cancer. “I dreamed about starting an organization like Cancer CAREpoint, so I was thrilled when I discovered that it existed and that I can be a part of the team.” As the Survivorship Program Coordinator, Cherry is very honored to be a part of the Cancer CAREpoint team and support those who have been affected by cancer.