

# Survive . Alive . Thrive

A half-day workshop for women who have journeyed with cancer.

An opportunity to explore parts of yourself that may be hidden, untouched, held within and are ready to be expressed and witnessed.

*Come Join Us for a day of Renewal, Release & Reclaiming of Self*



Through a combination of sound & movement, writing, collage & ritual, we will explore:

- anxiety and overwhelm
- shame & grief
- identity & loss of self
- disconnect from body



We will bear witness to each other's unique stories and tender-hearted expressions. Sharing our triumphs, joys, struggles, pains and wisdom will help us to know we are not alone. Navigating cancer is a rite of passage that can be shared, honored and celebrated.

Experience a Cellular Vibrational Sound Journey that will aid in balancing your nervous system and help integrate mind, body and soul alignment.

**Date: TBA**  
**Sebastopol, CA**  
**2-5 pm**

[www.debrootgrant.com](http://www.debrootgrant.com)

To Register: Call 707-331-0776  
or Email [debgrant@sonic.net](mailto:debgrant@sonic.net)  
Details emailed upon registration.  
Fee: \$125 ~ Pay with Venmo to:  
[@deb-grant-10](https://www.venmo.com/@deb-grant-10) or scan the QR code



Deb is an LCSW and has provided 2 decades of support for individuals at end of life, those experiencing grief, and women navigating cancer. She encourages and inspires self-empowerment, inspiration, hope, and a sense of renewal. Deb is a 3x Cancer survivor.