

About Twist Out Cancer

Twist Out Cancer is an international non-profit charitable organization that provides psychosocial support to individuals touched by cancer through creative arts programming. The organization was founded on the principle that when you share, the world opens up.

Jenna Benn Shersher is the Founder and Executive Director of Twist Out Cancer. After surviving Grey Zone Lymphoma in 2011, Jenna saw firsthand how young adults with cancer have a unique set of needs that are not being addressed or talked about. She found that one way of fulfilling this need is through creative arts, which could be used as a mechanism for coping and healing.

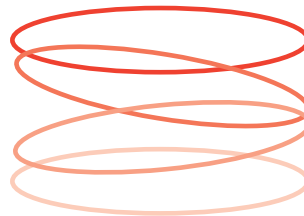
Twist Out Cancer offers the platform, tools and community—both online and offline—for anyone touched by cancer to feel connected to a community, and for many to take action. A labor of love, Twist Out Cancer is a volunteer-led organization boasting a network of volunteers serving as ambassadors in Chicago, Detroit, Philadelphia, Ann Arbor, Tel Aviv, Montreal, and Toronto. What started as a small art exhibition in Chicago for 20 artists and inspirations has now become an international program that has touched thousands of people around the world.

“A body of growing research indicates that, ‘creative art therapies significantly reduce anxiety, depression, and pain.’”

—JAMA Network, June 2013



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www.twistoutcancer.org

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Twist Out Cancer
Presents

Twistshops

Art Therapy Focused Workshops
that center on
storytelling and healing for
individuals touched by cancer.

Twistshops are art therapy-focused workshops that promote healing, relaxation and emotional recovery. They are designed to reduce symptoms of depression, anxiety and stress related to cancer



Twistshops welcome everyone who has been touched by cancer to engage in workshops that utilize the arts as a mechanism for healing. As a participant, you will be guided by a licensed art therapist through a variety of art-making activities that allow everyone to process their past and current experiences as a patient, caregiver or supporter of someone with a cancer. Through storytelling and mindful art-making, the intention is to help everyone explore different emotions, and in turn revive self, heal and find ways to move forward.

Twistshops are intended to meet a growing need for psychological support and wellness in the cancer community. The program is open to individuals touched by cancer who are interested in engaging in a unique art experience that aims to support and ease feelings of isolation and anxiety by using the artwork as a tool for communication. For people dealing with cancer, these emotions may be about the illness, hospitalization, relationships, or other concerns. The meaning and the power of these emotions often are not easily articulated using verbal communication. It is the art itself that provides a vehicle for expression, aided by the actual physical movement of artistic materials.



With a focus on introspection and reflection, the time spent in the workshops allows participants to let go of stress and be present during the time they spend with others and the artwork. **Twistshops** provide an opportunity for the individual touched by cancer to directly engage in creative therapy with instruction led by a licensed professional.

Implementation

The Open Studio group focuses on using art-making as a creative outlet to set an intention and gain self-awareness into one's personal experience. This group promotes the flow of healthy conversation and positive feedback related to the art being created. Participants have access to a variety of materials and the opportunity to reflect in a comfortable, safe and supportive environment.

TwistShops in Chicago are run by Jacqueline Carmody, LCPC, ATR-BC for current

Twist Out Cancer community members, prospective members, partner organizations and supporters. **Twistshops** will be limited to no more than 15 participants per session with the intention of creating intimacy and a sense of community.



“Art washes from the soul the dust of everyday life.”— Pablo Picasso

Join our community. www.twistoutcancer.org
For a list of upcoming Twistshops got to twistoutcancer.org/twistshops
You can also reach out by email or phone: amelia@twistoutcancer.org / 773-680-1436