

what's your twist?

**When you share,
the world opens up.**

Jenna Benn Shersher
Founder and CEO of Twist Out Cancer

When Jenna Benn Shersher was 29, she was diagnosed with Grey Zone Lymphoma, a rare form of cancer that at the time impacted less than 200 people worldwide. She struggled openly with feelings of loneliness and isolation as a young adult facing a rare type of cancer. The more Jenna shared her story with the online community—the more the world seemed to open up.

Jenna is a dancer at heart, but midway through treatment, she was isolated due to a compromised immune system. Alone and longing for the days when she could dance freely, she created an online video of herself doing the twist and asked her friends to join her on a virtual dance floor. When Jenna completed treatment, she knew that she wanted to give back in a meaningful way. She recognized the power of sharing and the importance of creating a support community that caters to the psychosocial needs of those impacted by cancer. This is how Twist Out Cancer was born!

Our Mission

Twist Out Cancer provides psychosocial support to individuals touched by Cancer through creative arts programming. What started in 2012 as a small grass roots online community movement has evolved into an international non-profit that has touched over 246,000 people around the world through our online platforms and community wide programming. With physical installations in Chicago, Ann Arbor, Detroit, Toronto, Montreal, Tel Aviv, Philadelphia and Austin, we are a global community of support comprised of previvors, survivors, caregivers, supporters and artists. Our community spans across nine countries, thirty-two states, and sixty-one cities across the United States.



Share. Connect. Heal.



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Twistshops

"This experience pushed me to open up and share the feelings I had been grappling with on my own. It was great to connect at the Twistshops with others who were experiencing the grief of losing a parent." —Anne Agostinelli, an Inspiration from Chicago, Illinois

Twistshops are art therapy-based workshops that focus on utilizing the arts as a mechanism for healing. Twistshops promote healing, relaxation and emotional recovery through art therapy based interventions that are designed to reduce symptoms of depression, anxiety and stress related to cancer.

Survivors, caregivers and previvors will be guided by a licensed art therapist through a variety of art-making activities that will allow participants to process their past and current experiences as a patient, caregiver or supporter of someone with cancer. Through storytelling and mindful art-making, the intention is to help participants explore different emotions, and in turn revive self, heal and find ways to move forward.

For a list of upcoming dates and locations for Twistshops, please visit our website at [twistoutcancer.org/twistshops](https://www.twistoutcancer.org/twistshops). If you are a clinician and are interested in becoming a Twistshop facilitator please reach out to Jacqueline Carmody, Director of Twistshops for more information at jacqueline@twistoutcancer.org.

Twist Hearts

Twist Hearts is an exciting new series within our Twistshop program that offers creative arts-based groups for children, teens, and adults to share, connect, and heal through exploring their experience of "Love" with their community. As a community, Twist Out Cancer understands the power of healing through connection and artmaking. We created this program to help individuals express themselves without using verbal language. Twist Hearts is designed to guide participants through art therapy based directives that allow them to explore their inner creativity and focus on the love that has resulted from the experiences they share within themselves and their community.

Who is the Twist Hearts program for?

Students, families, teachers, schools, and companies committed to improving communication around complex issues. What is it? The Pilot is a 90-120 minute non-clinical art therapy program and introduction into the series. The series will continue if contracted by an organization or donor.

Please contact Jacqueline Carmody at jacqueline@twistoutcancer.org for pricing and to arrange an introductory call. To see details about piloted Twist Hearts programs and how it can benefit your community, visit [twistoutcancer.org/twisthearts](https://www.twistoutcancer.org/twisthearts).

Brushes With Cancer

Creating Unexpected Intersections

"Brushes With Cancer was my first ever participation in a cancer event. The program was beyond supportive and therapeutic. It touched me in ways that has benefited me both physically, mentally, spiritually, and also positively impacted my family and friends. My journey will be a bit smoother because of Brushes With Cancer. My beautiful children now realize 'Mom's not the only one that needs strength, hope and perseverance to get through the impact cancer has on a life.'"

—Karen Sabatini, Inspiration

Brushes With Cancer, is a four-to-six month program that strategically matches artists with those touched by cancer to create unique pieces of artwork reflective of their personal journey with cancer. Pairs connect in person, via FaceTime, on the phone

or by email. Their relationships are guided and supported by mentors who are often clinicians who are there to create a system of support for both the artist and inspiration. All participants are invited to participate in two Twistshops to create a sense of intimacy and community throughout the process. The program finishes on a high note with our signature celebratory art exhibition, gala and auction where the artwork is revealed and auctioned. All proceeds raised from the artwork go directly back into funding Brushes With Cancer programs.

Online applications to participate in Brushes With Cancer and ticket information is available on our website. For more information, or to bring Brushes With Cancer to your city, please contact us at info@twistoutcancer.org.

Brushes With Cancer Licensed Programs

Twist Out Cancer® is pleased to license the Brushes With Cancer® program to exclusive partners (corporations, non-profits, hospitals and educational institutions) that are committed to strengthening their employee and stakeholder engagement through a unique and transformative art experience. Brushes With Cancer® is a 4-6 month program that matches individuals touched by cancer (previvors, caregivers, survivors; all identified as "Inspirations") one-on-one with talented artists that work in a variety of mediums. The Inspiration is tasked with sharing their story and the Artist creates a unique work of art that is reflective of their journey with cancer. As the relationship develops, the artist is able to turn what is notoriously isolating and scary into an experience that is filled with beauty and hope. The Inspiration and Artist relationship is supported by a mentor that is trained to offer additional resources and guidance. Mentors are licensed clinical social workers, psychologists, art therapists and/or board members who have previous experience participating in Brushes With Cancer.

Our Community

Our community is comprised of survivors, previvors, caregivers and artists who have been touched by cancer. Survivors are individuals that have heard the three words "you have cancer." For many, a cancer journey does not start and end with diagnosis and remission. We believe that anyone who has been diagnosed with cancer has survived a life-changing experience. Previvors are individuals who are genetically predisposed to cancer. Caregivers are individuals who love and care for an individual diagnosed with cancer or a previvor.

Podcast

For the last 10 years, Twist Out Cancer has had the opportunity to work with extraordinary artists and courageous individuals who have been touched by cancer. Our participants share their stories in free-form conversation and embody what it means to share, connect, and heal. Listen on Spotify, Apple Podcasts, or wherever you get your podcasts!

How Can I Participate?

- Join Team Twist and commit to raising critical funds and awareness for Twist Out Cancer through health and wellness based activities.
- Participate in Brushes With Cancer as a mentor.
- Attend a Brushes With Cancer art exhibition and gala, Twistshops, or health and wellness event in the community.
- If you have been touched by cancer or are an artist, consider participating in Brushes with Cancer.
- Apply to become a community partner and host a Brushes With Cancer program in your community.
- Serve as a liaison between various organizations to further promote our work.
- Step up your leadership role and consider joining the Twist Out Cancer Board.
- Make a financial contribution online at [twistoutcancer.org](https://www.twistoutcancer.org).
- Join our mailing list, like us on Facebook, follow us on Twitter, Instagram and LinkedIn.

Support Us

Corporate and Individual In-kind Donations

Twist Out Cancer relies on the generosity of our corporate and individual in kind donations. We are always looking to work with pro bono accountants, marketing and communications professionals, designers, and grant-writers to help offset necessary expenses for Twist Out Cancer's growth. We also are actively seeking artists, videographers, photographers, and curators to help create unique experiences for our Brushes With Cancer participants and attendees.

To donate your time and professional resources [click here](#).

Corporate Matching & Partnerships

You can maximize your employee giving program by joining our corporate matching program. Corporate matching donations will help to support your employees' philanthropic efforts and double the impact of their gifts! Recognition for your brand is available to our global audience. You can also consider hosting a unique and engaging lunch and learn events as an employee benefit. Your team can learn about the value of expressive arts as a mechanism for wellness with hands-on activities.

Monthly Donations

Consider making a recurring donation to help sustain Twist Out Cancer's critical work in the community. A pledge can be securely set up with a credit card online or through United Way Employee Giving payroll programs.

Donate

Through your generous donations, we are able to provide psychosocial support to survivors, caregivers, and supporters. All donations to our 501c(3) organization are tax-deductible. Visit our website at [twistoutcancer.org](https://www.twistoutcancer.org) to make a donation. You can also mail a check to:

**Twist Out Cancer,
PO Box 427
Villanova, PA
19085**

Want to Join the Movement?

Contact us at info@twistoutcancer.org to sign up for our e-newsletter. You can stay up-to-date on all upcoming Brushes With Cancer programs, Twistshops, and other events.

Email our founder at jenna@twistoutcancer.org.

Visit us online at [twistoutcancer.org](https://www.twistoutcancer.org). Follow us on Instagram, Twitter, Facebook, YouTube and LinkedIn [@twistoutcancer](#).

