

"<u>Twistshops</u>" are art therapy focused workshops that 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.

Due to the COVID-19 pandemic, we have pivoted to run these programs completely virtually for individuals touched by cancer and the larger public that may be feeling isolated and lonely during this unprecedented time.

Twist Out Cancer regularly hosts low cost or free Twistshop programs for our community and the public. A full calendar is available at <u>twistoutcancer.org</u>.

Private programs are also <u>available by request</u>. Fees include a clinical facilitator, digital marketing assets, zoom account access, and art making materials (by request).

NPO/Family Sponsor: \$500 Corporate/Employer Sponsor: \$750

If you are interested in partnering with Twist Out Cancer for a program please visit <u>twistoutcancer.org</u> or contact <u>jacqueline@twistoutcancer.org</u>.



