

## Journey Through the Messy Middle: A Cancer Survivorship Celebration

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**When:** Thursday, April 16, 2026  
Doors Open 5:15 p.m.  
Registration/Appetizers/Vendor Displays 5:15– 6:30 p.m.  
Speaker 6:45 – 7:45 p.m.  
Door Prizes/Evaluation of Event 7:45 – 8:00 p.m.

**Where:** Brookview Golden Valley, 316 Brookview Parkway S, Golden Valley, MN 55426

**Details:** This is a free event for cancer patients, friends, and family. Appetizers will be served.

**RSVP:** Registration is required. Call (763) 581-2804 to register by Friday, April 3, 2026

**Displays:** There will be various organizations that offer products, services or information to cancer patients hosting displays from 5:15-6:30 p.m. They will discuss their services and provide resource information for people experiencing cancer.

**Speaker:** Mandy Wannarka, LICSW, PMH-C, RYT-500 (*Bio on back*)



A cancer journey doesn't often come with a clear, predictable timeline - nor is remission or survivorship the end point many imagine it to be. Whether you're newly diagnosed, deep in treatment, or years into remission and wondering why things still feel complicated - this conversation is for you. Together, we'll explore that in-between space (*the messy middle*) and name it as a real, shared part of the cancer experience. ***This is where life looks different, energy comes (and goes), and completing treatment doesn't mean being the same as you once were.***

Together we'll reflect on what often goes unspoken: cancer is a disruptive, overwhelming, and identity-shifting experience. We'll talk honestly about cognitive overload, brain fog, half-finished projects, changing relationships, and the pressure to be positive or grateful before you're ready.

***Mandy Wannarka, LICSW, PMH-C, RYT-500***, is a trauma-conscious psychotherapist and yoga teacher whose work centers the messy middle of the healing journey. Working alongside folks whose identities have shifted, grief has lingered and where “going back to normal” isn’t possible, she is influenced by her background in hospital social work and outpatient mental health as well as her own journey of healing after trauma. Mandy believes healing is nonlinear, centering the nervous system, the body and the often unspoken emotional labor that follows traumatic experiences. Humans have an innate ability to heal, guided by the wisdom people carry in their bodies and lived experiences.