



Retreats for Women with Cancer & Their Families

A.W.O.I (A Way of Life After Cancer) Located in Corona, CA, this camp offers a soothing and pampering retreat for women who have suffered any type of cancer. Activities include personal glamour photography, trust-building workshops, art workshops, yoga, tai chi, meditation, a visit to the hot springs, a fashion show, and more. The cost is \$275 for the weekend, which includes all of the above along with food and lodging. Scholarships are available.

www.chrysalistowings.com/main/page_programs.html

Breast Cancer Recovery offers "Infinite Boundaries" retreats for breast cancer survivors several times per year. These four-day wellness retreats involve discussion, creative arts and low-impact physical activities (optional). Specialty retreats include Women with Metastatic Breast Cancer and Solo Women Navigating Cancer Alone. Camps take place throughout WI and cost around \$400, which includes the deposit, lodging, meals, and activities. Scholarships are available upon request. www.bcrecovery.org

Camp Bravehearts offers women dealing with cancer a variety of weekend retreats--each focused on a different theme. Whether the camp's theme is rafting, hiking, or being pampered, the exercise, crafts, wellness education, outdoor and social activities offered at every camp provide participants an opportunity to learn new skills, increase self-esteem and confidence, and address the risks and fears that women face during and after treatment. Camps are held in PA and NY and cost around \$100. braveheartscamp.org

Camp Good Days and Special Time is dedicated to improving the quality of life for children, adults, and families whose lives have been touched by cancer and other life challenges. The camp provides weekend residential camping programs at a recreational facility located on the shores of Keuka Lake in Branchport, NY, as well as year-round recreational and support activities throughout NY. Offerings (all of which are FREE) include several women-only programs, caregiver programs, and programs for helping children and families cope with serious illness. www.campgooddays.org

Camp Mak-A-Dream provides FREE four and five-day retreats for young adults and adults with cancer in Missoula, MT. Two adult retreats of note include the Ovarian Cancer Survivors Retreat and the Women's Cancer Retreat. www.campdream.org, 406-549-5987

Casting For Recovery is a FREE residential fly fishing retreat for breast cancer survivors. The program is designed to allow women to participate at their own pace, to take time to care for themselves, to engage in self-exploration, while acquiring the mastery of new, fun skills. There are multiple locations around the country. 802-362-9181, www.castingforrecovery.org

Creative Healing Connections offers an Arts and Healing Retreat for Women with Cancer or Chronic Illness at a historic lodge in the Adirondacks at Raquette Lake, NY. Participants explore various creative activities, such as storytelling, songwriting, dreamwork and visual art as catalysts towards self-expression, awareness and reconnection. Each weekend camp costs around \$300 and includes meals, accommodations, and activities. Scholarships are available. www.creativehealingconnections.org

Faces of Courage offers a FREE weekend retreat in FL consisting of massages, makeovers, great food, guest speakers and more. All aspects of the program are designed to energize and rejuvenate participants (about 80 women) who are currently diagnosed with, in treatment for, or survivors of all cancers. Be sure to click on the event flyer: www.facesofcourage.com/wcr.html

Family Cancer Retreat is a three-day educational program for New Mexico's adult cancer patients/survivors and the family members and loved ones who care for them. Topics addressed include Choosing the Most Appropriate Treatment/Clinical Trial; "Ask the Oncologist" Panels; Patient and Family Communication; Caring for the Caregiver; Talking with Kids About Cancer; Complementary, Alternative and Integrative Therapies; Hospice and Palliative Care and more. Supervised child care and recreational activities are provided. The program is FREE (including meals, lodging, and all educational activities). Held annually in Glorieta, NM (18 miles from Santa Fe). www.cancerservicesnm.org/programs/retreat.php

Harmony Hill offers general wellness and cancer-specific retreats in Olympic Peninsula, WA. Retreats are three days long (one day workshops are also offered). Camps are FREE and open to men and women survivors of any type of cancer and their loved ones. Women-only retreats are offered. 360-898-2363, www.harmonyhill.org

Healing Odyssey offers several three-day retreats as well as one-day workshops in the Malibu Mountains of CA for women cancer survivors. Activities include discussions, a ropes course, guided imagery, yoga, and more. Cost for three-day retreats is \$300, with scholarships readily available. 949-951-3930, www.healingodyssey.org

Image Reborn offers FREE renewal retreats for women with breast cancer. Retreats offer small group discussions, education, exercise, journaling, massage, and an opportunity to visit with healthcare professionals in a small group setting to discuss treatment, including conventional and integrative approaches. Park City, UT, 435-658-1715, www.imagerebornfoundation.org

Mending in the Mountains is a weekend retreat for women cancer survivors at Lone Mountain Ranch in Big Sky, MT. The camp's mission is to assist survivors in rediscovering joy and hope in life; to offer tools for empowering them to meet the physical, emotional, and spiritual challenges of cancer recovery; and to provide nurturing support from other survivors dealing with similar life challenges. For further information please click on the "Programs" tab: www.cancersupportmontana.org

Pose for Pink Three-Day Yoga Retreat Enjoy meditation, creative workshops and restorative yoga classes tailored specifically for women breast cancer patients/survivors. The retreat is FREE, but participants are responsible for the cost of accommodations and travel. The Foundation also offers a variety of one-day workshops throughout the year. 212-831-9592, www.thelibbyrossfoundation.com

Reeling and Healing Midwest These weekend fly fishing retreats in MI are held several times per year for women patients/survivors of all types of cancer.. Offerings include men-only retreats, as well as Caregiver, Co-Survivor, Family & Friends Retreats. All equipment, lodging and meals are provided. No fly fishing experience necessary. Cost: \$25. www.reelingandhealing.org

Second Wind Retreat provides rent-free use of private cottage for people undergoing cancer treatment and recovery. A survivor and one to two accompanying guests are invited to stay up to six nights.

Medical referral needed. Located two hours north of Atlanta, GA. 404-348-4986, www.secondwindretreat.org

Ski to Live is a four-day skiing and snowboarding retreat for cancer survivors and their families (ages 12 and up) in Snowbird, UT. Camps cost \$525, lodging and meals not included. Lift tickets are available at a discount upon request. Some scholarships available. 801-733-5003, www.kristenulmer.com

Stowe Weekend of Hope For one weekend each spring the town of Stowe, VT, opens its hotels and lodges to cancer survivors and their families at no charge. AMTRAK provides a limited number of free seats for survivors to get to Stowe from Washington, DC. 1-800-GO-STOWE, www.stowehope.org

Women Beyond Cancer Adventure retreats, yoga retreats, and relaxation retreats offered throughout the country for women survivors of any type of cancer. All weekend retreats are FREE. 803-646-0123, www.womenbeyondcancer.org

Women's Wilderness Retreat offers a four-day outdoor retreat for women survivors of any type of cancer. The retreat, located outside of Boulder, CO, is designed to accommodate a wide range of physical abilities and outdoor experience. Participants sleep in tents and are physically active for most of the day. The course requires good health, but does not require more than average physical fitness. Activities include rock climbing, short hikes, low ropes, expressive arts and journaling. \$590 for four days, with scholarships available. www.womenswilderness.org

Retreats for Men & Women

Cordelia Knott Center for Wellness offers a retreat called "A Weekend of Healing" twice a year. The three-day experience allows men and women facing any type of cancer to come together and share common experiences while learning new ways to relax, reduce stress and lower anxiety. Retreats are held at the Center for Spiritual Development in Orange, CA. The retreat includes a daily support group, gentle movement such as yoga, guided imagery, self-exploration workshops with art and music, and meditation. Everyone receives a bodywork treatment, such as massage, Reiki or Trager. www.ckwellnesscenter.org

First Descents is an adventure camp for young adult cancer survivors. (Young adult is defined by the camp as ages 18-39). Camps are held multiple times throughout the year in locations across the US. Each week-long camp teaches one sport, such as kayaking, climbing, surfing, etc. The camp is FREE to participants (including meals, lodging and activities). Travel assistance is readily available. www.firstdescents.com

Kokolulu Farm and Cancer Retreat is an organic farm in Hawaii that hosts group retreats for men and women cancer survivors throughout the year. The six-day, five-night retreat includes in-depth workshops designed to help participants take control of their healing journey and diagnosis, plus lodging and meals. The cost is \$2,700 and scholarships available. 808.889.9893, www.cancer-retreats.org

Life Beyond Cancer is sponsored by the US Oncology Foundation. Life Beyond Cancer offers an annual four-day respite for survivors and oncology nurses at a luxury resort north of Tucson, AZ. Participants will be selected based on their willingness to take what they have learned back to their communities and become involved in efforts to help others dealing with cancer. Cost is around \$250. Spa services and more are included. www.lifebeyondcancer.org

Planet Cancer provides free weekend retreats for young adult cancer patients and survivors. (Young adult is defined by Planet Cancer as people in their 20s and 30s). The retreats are developed locally

with the goal of growing a nationwide support network of young adults with cancer. 512-481-9010, www.planetcancer.org/topics/resource/programs/retreats, headquarters@planetcancer.org

Smith Center Cancer Help Program is a retreat just outside of Washington, DC, for men and women cancer survivors and their caregivers. Smith Center is the East Coast branch of Commonweal, and offers similar programming as the Commonweal Cancer Help Program (see description above). Smith Center offers week-long, weekend, and day-long retreats for male and female cancer survivors throughout the year. Generous scholarships available. www.smithcenter.org, 202-483-8600.

Strength for Life Men and women with all types of cancers are invited to participate in exercise classes and lectures aimed at helping survivors balance their lives emotionally, spiritually and physically. Typically, retreats include guest speakers and a variety of hands-on classes such as tai chi, zumba, yoga, and strength training. The overall purpose is to educate survivors about alternative modalities. Weekend retreats are offered several times a year in a NY hotel. FREE (meals, classes, and overnight accommodations are covered). www.strengthforlifeny.org

Windriver Retreats These weekend retreats in the woods of Western North Carolina offer a place for men and women dealing with all types of cancer to focus on their healing, learn new tools to reduce their stress and anxiety, and connect with others. Lodging and meals provided. FREE. www.windriverservices.com info@WindRiverServices.com

FOUNDATION FOR WOMEN'S CANCER  CELEBRATING ITS 20TH ANNIVERSARY IN 2011

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This list is not exhaustive, nor is it an endorsement of any particular program or organization. We encourage you to seek additional information regarding any program(s) of interest. If you find that this list is incorrect or incomplete in any way, please let us know by contacting our office at info@foundationforwomenscancer.org. Thank you!