

**Registration fee: \$100.00**

**Deadline: Monday, September 7th, 2009**

**HOPE Cancer Help Centre Inc.**  
300-506 25<sup>th</sup> Street East  
Saskatoon, SK  
S7K 4A7



*Thank you!*

**WHAT?**

*HOPE* Cancer Help Centre Inc. is an amazing grass-roots registered non-profit organization dedicated to fostering healing and support to people who have or have had cancer. We care for others by striving to be affirmed, balanced and empowered and by being an active resource in an informed, compassionate and respectful manner.

**WHY?**

*"Healing with HOPE"* offers a unique opportunity for people facing the challenge of cancer to come together. The informative workshops and presentations have been chosen to help cancer survivors and their family members/caregivers cope and move forward after a cancer diagnosis.

**WHO?**

- The Retreat is limited to 30 participants.
- Preference will be given to first-time applicants
- Participants must be 19 years of age or older.

**WHERE?**

The beautiful natural setting of Queen's House of Retreats has been selected as the venue. The cozy facilities offer an ideal setting for workshops, quiet contemplation and peaceful reflection.

**WHEN?**

Friday, September 25<sup>th</sup>, 2009  
through  
Sunday, 27<sup>th</sup>, 2009



**ALL CANCERS!  
ALL PEOPLE!**

*HOPE fosters healing and support for people facing cancer.*

**PLEASE NOTE:**

Each participant's registration fee for the *"Healing with HOPE"* Weekend Retreat is subsidized in part by the many generous donations received from:

**Race for Recovery  
Special Fundraising Events**

*Plus*

**In memoriam and general  
donations**



For further information about the Retreat or other services and programs provided by the *HOPE* Cancer Help Centre, please contact:

- (306) 955- *HOPE* (4673)
- Email: [hopesaskatoon@sasktel.net](mailto:hopesaskatoon@sasktel.net)
- Facsimile: (306)955-4678
- Or check out our webpage at:  
[www.hopecancerhelpcentre.com](http://www.hopecancerhelpcentre.com)

**MAILING ADDRESS:**

***HOPE* Cancer Help Centre Inc.**  
300-506 25<sup>th</sup> Street East  
Saskatoon, SK  
S7K 4A7

*"Healing with HOPE"*

**Weekend Retreat  
Presented by:  
The HOPE Cancer  
Help Centre Inc.**



*Photograph by: Helen Ferris, HOPE Member*

**September  
25<sup>th</sup> - 27<sup>th</sup>, 2009**



**Registration Deadline  
Monday, September 7<sup>th</sup>, 2009  
Please call:  
(306) 955- *HOPE* (4673)**

# "Healing with HOPE"



Weekend Retreat will provide a "time out" for cancer patients, their family members and caregivers.

**AGE:** Participants must be 19 years and older to attend.

**PRESENTATIONS INCLUDE:**

- **Aroma Therapy**
- **Hatha Yoga**
- **Look Good Feel Better™**
- **Laughter Workshop**
- **Nia**
- **Reiki**  
*(One-on-one session)*

**COST:** \$100.00 per person. The fee includes 5 meals, refreshments, bedroom facilities, and conference registration.

**NOTE:** HOPE is pleased to be able to offer limited bursary funding for retreat participants. Please visit our website for application details.

\* Preference will be given to first-time applicants.

**LOCATION:** Queen's House Retreats  
601 Taylor Street West  
Saskatoon, SK

**LIMITED SPACE:** Only 20 spots are available.

\* Preference will be given to first-time applicants.

**BRIEF OVERVIEW:**

**Friday, September 25<sup>th</sup>:** Registration - 6:00 PM.  
Welcoming Reception - 7:00 PM featuring a reading by Olga Stefaniuk from her new book "A Rose Grows: fighting cancer, finding me". Olga is one of HOPE's founders.

**Saturday, September 26<sup>th</sup>:** Four workshops will be offered during the morning and afternoon. Delegates may select any two workshops.

Dinner will be followed by a short entertainment program and an excellent opportunity to socialize.

**Sunday, September 27<sup>th</sup>.** During the morning, one choice from two creative healing workshops will be offered to participants.

A luncheon and closing comments will take place from 12:00 noon to 1:30 PM.

**RETREAT PARTICIPANTS' PROGRAM SELECTIONS:**

**Saturday, September 26<sup>th</sup>:**

- Please select two (2) workshops you would like to attend from the following four (4).
- Rank each workshop according to your preference indicating 1, 2, 3, or 4.

**Gentle Hatha Yoga:** \_\_\_\_\_

*(AM ~ two hour workshop)*

Facilitated by Tracy Stephensen  
Learn to relax your mind and body with gentle Hatha yoga. In this session, you will learn some basic yoga techniques centered on breathing, movement, and relaxation to help reduce tension in the body and to calm the mind. No yoga experience or equipment required. However, you may wish to bring a yoga mat or large soft towel. Please wear loose clothing and avoid eating a large breakfast before the session.

**Look Good Feel Better™:** \_\_\_\_\_

*(AM ~ two hour workshop)*

Facilitated by Saskatoon Cancer Centre  
The program was created from the concept that if a woman can be helped to look good while undergoing treatment for cancer, an improved self-image and boost to her morale will help her face her diagnosis with greater confidence.

**Aroma Therapy:** \_\_\_\_\_

*(PM ~ two hour workshop)*

Facilitated by Ron Lawford  
Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being.

**Reiki:** \_\_\_\_\_

*(AM and PM ~ 20 minutes - one-on-one session)*

Facilitated by Audrey Mortonson  
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.



**SPECIAL NOTE # 1:**

The concept of the retreat is to bring people together who share the common diagnosis of cancer in quiet nurturing setting to share, heal and move forward with their lives. However, if for medical or personal reasons, you do not wish to "live-in", special arrangements can be made to accommodate "commuting" participants. Please indicate:



**RETREAT PARTICIPANTS' PROGRAM SELECTIONS:**

**Sunday, September 27<sup>th</sup>:**

- Please select the workshop you would like to attend from the following:
- Rank the workshops according to your preference indicating 1 or 2.

**Laughter Workshop:** \_\_\_\_\_

*(AM ~ two hour workshop)*

Facilitated by Deb Scherbanuik  
Laughter increases positive endorphins (natural pain killers), reduces stress, and strengthens the immune system. In fact, it has often been said that "laughter is the best medicine".

**Nia:** \_\_\_\_\_

*(AM ~ two hour workshop)*

Facilitated by Rusty Dixson  
Nia simultaneously addresses the body, mind, emotions, and spirit, and puts them on "the same page" using music, movement and personal expressions to integrate one's neurology. A holistic exercise approach designed with a combination of nine classic movement forms.



**SPECIAL NOTE # 2:**

Every effort will be made to assign you to your first and second choice workshops. However, since the maximum number for each session is 10 (8 for Reiki), it may be necessary to assign you to your third choice.

As indicated, one-on-one Reiki sessions will be 20 minutes in length. Those signing up for a Reiki session will be assigned a specific appointment time. The balance of the two hour interval may be spent in quiet meditation, networking with other participants, or enjoying a stroll through the beautiful grounds at Queen's House.



**COMMUTING:**  (\*The cost remains the same)

In addition, if you have any serious food allergies, please indicate:

\_\_\_\_\_  
\_\_\_\_\_

**REGISTRATION FORM:**

**Name:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**City/Town:**

\_\_\_\_\_

**Postal Code:** \_\_\_\_\_

**Telephone: (work)** \_\_\_\_\_

**(home)** \_\_\_\_\_

**Emergency Contact Person:**

\_\_\_\_\_

**His/her telephone number:**

\_\_\_\_\_

**Please indicate:**

**First-Time Applicant:**

**Cancer Survivor:**

**Year of diagnosis:** \_\_\_\_\_

**Family member and/or caregiver:**

**Deadline for registration is Monday, September 7<sup>th</sup>. Registration form and fee may be mailed to or dropped off at:**

**HOPE Cancer Help Centre Inc.**  
300-506 25<sup>th</sup> Street East  
Saskatoon, SK  
S7K 4A7

