

The Johns Hopkins Breast Center Program Facilitators

Lillie D. Shockney, MAS, RN

Administrative Director, The Johns Hopkins Breast Center

University Distinguished Service Professor of Breast Cancer

Professor of JHU School of Medicine, Departments of Surgery, Oncology

Director, Cancer Survivorship Programs @ SKCCC @ JH

Co-Founder, JH Medicine Managing Cancer at Work

Mary Capano, MSN, RN, CNBN

Certified Navigator Breast Nurse

Angie Cramer, BSN, RN

Oncology Nurse Navigator

Judy Matthews

Lead Survivor Volunteer



***SCHEDULE NOTE:** For your traveling convenience, check in and registration will be open on Friday beginning at 3pm. Dinner will be available that evening at 6pm followed by introduction of the retreat program at 7:30 pm. Program ends promptly Sunday, 3 pm.

REGISTRATION EXCLUSIONS:

Please do not register if you have attended any prior Johns Hopkins Breast Cancer Metastatic Retreat OR are too ill to attend a full program. Adult children, if attending, must be over age 18.

*This program made possible
through a charitable donation
provided by the*



"I think it is so important to be able to escape from the quiet despair we often feel, and just remember to take the time to listen and feel and experience more of life [at a time] when we are constantly being reminded of our illness by doctor's appointments, treatments and effects of the illness." –Peggy speaking about stage IV breast cancer



JOHNS HOPKINS
MEDICINE

RETREAT FOR WOMEN LIVING
WITH METASTATIC BREAST
CANCER AND THEIR FEMALE
CAREGIVERS

*A Journey of
Courage and Hope
for Women and Women
Who Support Them*



April 7, 8, 9, 2017



JOHNS HOPKINS
MEDICINE

THE SIDNEY KIMMEL
COMPREHENSIVE CANCER
CENTER

A Journey of Courage and Hope for Women and Women who Support Them. a breast cancer retreat is designed for women living with breast cancer metastases and their adult daughter, mother, sister, friend, etc., who supports them through their breast cancer experience.

Confronting breast cancer can be a challenging undertaking for even the strongest relationships. Dealing with the chronic nature of Stage IV breast cancer requires endurance and hope, support and sharing for the survivor and her caregiver.

This weekend event is an opportunity for women and female caregivers to retreat from the routines of treatment and daily life to experience a program of individual and mutual healing and renewal. All will share their journey with others on a similar path. Ideas will be exchanged about the challenges and struggles as well as ways of coping and finding hope in the present. The retreat is a time for respite, reflection and sharing.

"It is as if in listening and feeling the pain of each other, we are connected and empowered in a way that allows us to understand that we are truly not alone in this." –Peggy speaking about stage IV breast cancer

PROGRAM

The retreat is a facilitated program that offers time for discussion and planned activities in a comfortable setting. The focus of the retreat is on the personal journey of women and their female caregivers.

LOCATION

A Journey of Courage and Hope Women and Women Who Support Them will be held at **Bon Secours Spiritual Center.**

“Located just off Route 70 at the border of Howard and Carroll Counties in south central Maryland, Bon Secours Spiritual Center is easily accessible to the Baltimore / Washington Region. The Spiritual Center sits at the highest point of 313 acres of pastures and woodlands adjacent to Patapsco State Park and commands spectacular views of some of Maryland's most beautiful countryside.”

For additional overnight accommodations, contact Bon Secours Spiritual Center: **(410) 442-1320**
<http://bonsecoursspiritualcenter.org/>

REGISTRATION

Attendance is limited to 12 survivors and their female guest. **This free retreat** includes meals and 2 nights lodging, use of facility and program. See back of brochure for exclusions for attending. For more information, contact:

Mary Capano, MSN, RN, CN-BN
443 287 0592
mcapano1@jhmi.edu

REGISTRATION FORM

Journey of Courage and Hope for
Women Helping Women, 2017

Your Name _____

Address _____

Email _____

Phone _____

Stage IV breast cancer: YES _____ NO _____

Date of Diagnosis: _____

Current Treatment: _____

Hopkins patient: : YES _____ NO _____

If no, where: _____

Guest Name: _____

Due to limited space, registration will be based on date of receipt of application.

Complete application, detach and mail to the address below OR fax attn: Mary Capano

Mary Capano, MSN, RN
Johns Hopkins Breast Center
601 North Caroline Street, Room 4161
Baltimore, MD 21287

Phone: 443-287-0592

Fax: 443-873-5054

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