

The Johns Hopkins Breast Center Program Facilitators

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University Distinguished Service
Professor of Breast Cancer

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Team Lead for the Breast Cancer
Survivor Volunteer Team

Judy Ochs

Volunteer Resource



SCHEDULE NOTE: For your traveling convenience, check in and registration will be open on Friday beginning at 3:00 p.m. Dinner will be available that evening at 6:00 p.m. followed by introduction of the retreat program at 7:30 p.m.

Program ends promptly Sunday, 3:00 p.m.

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 21 or older.

*This program
made possible
through a
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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

*Retreat for Women
Living with
Metastatic Breast
Cancer and Their
Female Caregivers
April 17, 18, & 19,
2020*



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

This 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 provides 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 for Women and Women Who Support Them will be held at Bon Secours Retreat and Conference Center, 1525 Marriottsville Road, Marriottsville, MD 21104

"Located just off Route 70 at the border of Howard and Carroll Counties in south central Maryland, Bon Secours Retreat and Conference Center is easily accessible to the Baltimore / Washington Region. The Retreat 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."

<https://rccbbonsecours.com/>

REGISTRATION

Attendance is limited to 12 survivors and their female guests. **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: **Judy Matthews at judith.matthews@outlook.com**

REGISTRATION FORM

Retreat for Women with Metastatic Breast Cancer and Their Female Caregivers

April 17, 18, and 19, 2020

Your Name: _____

Address: _____

Email: _____

Phone: _____

Stage IV breast cancer: YES NO

Date of Diagnosis: _____

Hopkins patient: YES NO

If no, where: _____

Guest Name and Relationship: _____

Following receipt of this registration form, you will receive a retreat application questionnaire.

Email completed registration to Judy Ochs at jao4@comcast.net and Judy Matthews at judith.matthews@outlook.com