Program Facilitators

Lillie D. Shockney, BS, RN, MAS
University Distinguished Service Associate Professor of Breast Cancer
Administrative Director, Johns Hopkins Breast Center
Associate Professor, Dept of Surgery, Johns Hopkins University School of Medicine

Deborah Stewart, BSN, RN, CBCN, CBPN-IC
Nurse Navigator

Mary Capano, MSN, RN, CBPN-IC
Nurse Navigator

Judy Matthews
Lead Survivor Volunteer

This program has been made possible through a charitable donation provided by
THE SALISBURY FOUNDATION

“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

*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 at 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. 

September 20, 21, 22, 2013

RETREAT FOR WOMEN LIVING WITH METASTATIC BREAST CANCER AND THEIR SPOUSE/PARTNER
A Journey of Courage and Hope for Couples

JOHNS HOPKINS MEDICINE
THE SIDNEY KIMMEL COMPREHENSIVE CANCER CENTER

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A Journey of Courage and Hope for Couples is a breast cancer retreat designed for women living with breast cancer metastases and their spouse/partner.

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

This weekend event is an opportunity for couples to retreat from the routines of treatment and daily life to experience a program of individual and mutual healing and renewal. Couples 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 (i.e. journey of women and their spouse/partner, yoga, labyrinth walk, massage) in a comfortable setting. The focus of the retreat is on the personal journey of women and their spouse/partner.

LOCATION

A Journey of Courage and Hope for Couples 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

This free retreat includes meals and 2 nights lodging, use of facility and program. Attendance is limited to 10 couples and excludes those who have attended a prior Hopkins metastatic breast cancer retreat. For more information, contact: Deborah Stewart, 410 502 0516, dstewa24@jhmi.edu

REGISTRATION FORM

Journey of Courage and Hope for Couples, 2013

Name__________________________________________
Partner’s Name:__________________________________
Address_________________________________________
Email__________________________________________
Phone_________________________________________
Stage IV breast cancer: YES______ NO______
Date of Diagnosis: _______________________________
Current Treatment: _______________________________
Hopkins patient: YES______ NO______
If no, where:_________________________________

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: Deb Stewart

Deborah Stewart, RN
Johns Hopkins Breast Center
601 North Caroline Street, Room 4150F
Baltimore, MD 21287
Phone: 410 502 0516
Fax: 410 614 1947
e-mail: dstewa24@jhmi.edu