

the nurturing journey retreat

Empowering breast cancer survivors to discover the peace within.

May 30 - June 1, 2008 • Stella Maris Retreat Center, Elberon, NJ

A project of the YWCA Princeton Breast Cancer Resource Center (BCRC) Wellness Program

The Nurturing Journey

A diagnosis of breast cancer can turn your world upside down and change your life forever. But no matter what stage of the journey you are on, it is important to take some time just for you—time to learn, to grow, to find strength, and to reconnect with your body, mind, and spirit.



The Nurturing Journey retreat is designed especially for breast cancer survivors. It will give you the opportunity to work on building the courage, confidence, and self acceptance that are essential to coping with the physical, emotional, and spiritual challenges of breast cancer.

Explore ways to affirm and deepen your sense of wholeness, and focus on your wellbeing and the peace within.

Program

The Nurturing Journey offers an escape from the stresses of everyday life and gives you permission to relax, share, and heal in a peaceful and comforting setting with new and old friends. The program includes daily sharing circles; yoga, imagery and meditation sessions; writing exercises; exploration of creativity through art and music, complementary therapy sessions, a labyrinth walk, and much more.

All activities are optional, and free time for walking on the beach, reading, journaling, meditating, and relaxing are plentiful. Meals are simple but nutritious, and snacks and beverages will be available continuously.

Additional program details and information about what to bring and how to prepare will be provided to all registered participants.

Faculty

The Nurturing Journey will bring together a group of experienced women leaders to facilitate your time of healing and renewal.

Jessica Fleming, MMH has 35 years of experience as a private practice counselor specializing in women's wholeness. She has facilitated numerous retreats in the USA, New Zealand and Australia. She loves and honors breast cancer survivors.

Elsje Reiss is a licensed clinical social worker. She supports cancer patients in her work as the facilitator of BCRC's Advanced Breast Cancer Support Group, and in her private practice.

Kerry Kay received her training as a Reiki practitioner 9 years ago. Her spiritual pursuits include tai chi kung, weaving, knitting, parenting, and life in general.



Tanya Blue was diagnosed with breast cancer at the age of 32. That experience, along with her work in the Wardrobe Department on Broadway's hit musical *Hairspray*, led her to create the Chemo Beauty Box™ to help women face the world with optimism, dignity and grace.

**Additional members of retreat faculty still to be confirmed.*

Spaces are limited and registrations will be taken on a first-come, first-served basis. Send your registration form with payment or scholarship request to BCRC, YWCA Princeton, 59 Paul Robeson Place, Princeton NJ 08540 **before May 16, 2008.**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Special Needs: Dietary requirements _____
 Ground floor room

Payment: Registration fee of \$220 includes 2 nights accommodation, all meals, and program materials. A limited number of scholarships are available (see below).

Check (payable to YWCA Princeton) Visa MasterCard

Credit Card # _____

Signature _____ Exp. date _____

I would like to be considered for a scholarship. (All scholarship recipients are required to contribute \$50 toward the cost of their stay. This contribution will be collected after the scholarship application has been approved.) If you have requested a scholarship, describe on an attached sheet, how you will benefit from attending the retreat.



Stella Maris Retreat Center

"Sea Cliff Villa," as it was called by architect Edward T. Potter, was described as a Bavarian style chalet and was built in 1868 for James B. Brown of the New York Banking Firm, Brown Brothers. One year later it was sold to George W. Childs, publisher of the *Philadelphia Ledger*. In 1894 the house was sold again to Adolph Lewison, a copper magnate, who used it as his summer home until his death in 1938.



Long Branch during this time period was described as a veritable Eden: perfect lawns, pristine hedges and block after block of palatial residences. In 1907 a resort brochure described Long Branch as the home of cabinet members, ambassadors, captains of industry, and scores of celebrities. During the residency of its original owners, this house was almost directly responsible for Long Branch's lengthy and glittering reputation as the "Queen of Resorts." World War II brought this era to a close and in 1941 the Sisters of St. Joseph of Peace purchased the chalet which then became known as Stella Maris Retreat Center: "*Star of the Sea.*"

In the spirit of hospitality, Stella Maris is committed to serving communities in the local area and beyond. In particular, the sisters have compassionate concern for women and all those who feel marginalized from society. Throughout the year, the Center hosts and sponsors programs for groups and individual persons of all faiths and cultures who seek holistic renewal in their daily lives. Their mission is to promote an understanding and appreciation of the interrelatedness of all creation.

Stella Maris Retreat Center Phone: 732-229-0602
981 Ocean Avenue Fax: 732-229-8960
Elberon, NJ 07740 www.stellamarisretreatcenter.com

Breast Cancer Resource Center

In 1972, with the establishment of the post-mastectomy exercise program ENCORE, the YWCA Princeton began to offer support to breast cancer patients and survivors. Renamed in 1985, the **Breast Cancer Resource Center (BCRC)** has remained a respected, well-utilized program of the YWCA Princeton, serving thousand of individuals in the greater Princeton area each year. Today, from a welcoming space at the YWCA's Bramwell House, BCRC offers a comprehensive breast cancer program providing personalized support services for patients, survivors, and caregivers; up-to-date information and resources; and community education.

BCRC's community outreach program is designed to educate women and men of all ages and ethnicities about breast cancer and the importance of early detection. BCRC staff and volunteers conduct breast cancer awareness talks at schools, corporations, and community organizations, and distribute breast cancer information at local and regional health fairs. A wide range of up-to-date, reliable information on all aspects of breast health, breast cancer, and survivorship is available through BCRC's resource library, lunch & learn series, networking nights, telephone helpline, newsletter, and website. Personalized support is provided to patients and survivors utilizing BCRC's peer support network, support groups, wellness program, and wig & prosthesis bank. All services are provided free of charge.

As a non-profit organization, BCRC relies on grants, private and corporate donations, and fundraising to meet its budget, and on volunteers to ensure the success of many of the programs and services offered.

Breast Cancer Resource Center Helpline: 609-497-2126
YWCA Princeton Office: 609-497-2100, xt 346
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Princeton, NJ 085 bcrc@ywcaprinceton.org
www.bcrcnj.org



Let the dragonfly guide you through the winds of change to messages of wisdom and enlightenment.