



An Invitation to Healing

Who: The staff of Smith Center for Healing and the Arts invite you to participate in a new program they have designed and are calling: *An Invitation to Healing*. The program is designed for cancer patients/survivors at any point in their cancer journey, who wish to explore what it means to heal, and experience practices that have been shown to promote physical, social, emotional and spiritual well-being.

What: *An Invitation to Healing* is a 6-week, small group online program that creates a unique space for conversations about the meaning of healing, pathways to health, and defining personal well-being. You'll be able to experience evidence-based healing practices. Practices will include moving more, eating well, managing stress, sleeping better, sharing support, and using written and visual arts to express oneself.

The program is offered virtually twice a week for six weeks: a 2-hour educational session on Tuesdays, and a second 2-hour session on Thursdays that includes 30 minutes of yoga/tai chi/qigong and 90-minutes of group therapy each week (see attached program content and schedule).

When: The program will run from Tuesday, January 25 through Thursday, March 3, 2022.

Where: *An Invitation to Healing* is held entirely online via Zoom, thus readily accessible to anyone with access to broadband network connections.

Why: We at Smith Center embrace the belief that each of us harbors within us the power to heal, even in the face of life-threatening illness. While not everyone can be cured of illness, we all have the potential to find healing.

We also recognize that finding the resources to promote self-healing can be difficult. Further, we know that cancer can be a very isolating disease. The *Invitation to Healing* program is designed to empower participants to make life-affirming changes by offering tools, knowledge, and support in a safe and caring community of others facing a cancer diagnosis.

Program Details:

- Groups are limited to 7 participants
- The cost of the 6-week program is \$600. We have limited partial scholarship funding available on a first come, first served basis. So, if you are interested, we encourage you to apply early.
- To maximize sharing, learning and the power of group support, participants are expected to attend the full program.
- To submit an application, please visit: <https://smithcenter.org/cancer-retreats/>
- For more detailed information, please email Julia Rowland at: Julia@smithcenter.org, or Carla Stillwagon, at Carla@smithcenter.org