



**SMITH CENTER  
FOR HEALING AND THE ARTS**

community. creativity. cancer support.

## **An Invitation to Healing**

*A 6-week online group experience in self-care*

This 6-week, small group program is for cancer patients/survivors 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. The practices include moving more, eating well, managing stress, sleeping better, sharing support, and using written and visual arts to express oneself.

The program is staffed by some of Smith Center's most seasoned facilitators, all with experience in staffing our signature in-person retreats: Carole O'Toole, Jennifer Bires, MSW, LCSW, OSW-C, Cathryn Pethick, AA, AYS, C-IAYT, Laura Pole, RN, MSN, Chef, and Deborah Steele, all ably supported by Carla Stillwagon and Julia Rowland.

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### **6-Week Program Information**

**Tuesday, January 25<sup>th</sup> through Thursday, March 3<sup>rd</sup>, 2022**

Weekly Sessions on Tuesdays and Thursdays, 5:30-7:30pm ET

#### **Program Content:**

Tuesday evenings will cover broad, healing topics

Thursday evenings include 30-minutes of movement (yoga, tai chi, qigong), followed by 90-minutes of group

#### **Program Format & Application:**

All sessions will be held virtually via Zoom.

Our small-group format is limited to 7 participants, who have received a cancer diagnosis of any kind and stage.

Visit [www.smithcenter.org/cancer-retreats/](http://www.smithcenter.org/cancer-retreats/) to submit an application to the program.

The cost to participate in the 6-week program is \$600. We have limited, partial scholarship funding available on a first come, first served basis.

Please contact Julia Rowland ([julia@smithcenter.org](mailto:julia@smithcenter.org)) or Carla Stillwagon ([carla@smithcenter.org](mailto:carla@smithcenter.org)) for further information or to apply.



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## Program Schedule

### Week 1

Tuesday, January 25  
**Creating Our Space**  
(Introductions & Overview of Program)  
with All Program Staff

Thursday, January 27  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

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### Week 2

Tuesday, February 1  
**Choices in Healing**  
with Carole O'Toole

Thursday, February 3  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

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### Week 3

Tuesday, February 8  
**Calming Practices: Techniques for  
Managing Stress and Sleeping Well**  
with Carole O'Toole and Julia Rowland, PhD

Thursday, February 10  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

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### Week 4

Tuesday, February 15  
**Creative Expression: Healing through the  
Beauty of the Everyday**  
with Deborah Steele

Thursday, February 17  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

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### Week 5

Tuesday, February 22  
**Nourishing Body, Mind and Spirit through  
Eating Well**  
with Laura Pole, RN, MSN, Chef

Thursday, February 24  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

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### Week 6

Tuesday, March 1  
**Just as We Are: Honoring Our Time Together**  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

Thursday, March 3  
**Crossing the Threshold: Putting Our  
Wisdom into Practice**  
with All Program Staff