



**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, September 14<sup>th</sup> through Thursday, October 21<sup>st</sup>, 2021**

Weekly Sessions on Tuesdays, 6:00-7:30pm ET 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 <https://smithcenter.org/programs-retreat/invitation-healing-6-week-group-experience-self-care-9-14/> 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, September 14  
**Creating Our Space**  
(Introductions & Overview of Program)  
with All Program Staff

Thursday, September 16  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

### Week 2

Tuesday September 21  
**Choices in Healing**  
with Carole O'Toole

Thursday, September 23  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

### Week 3

Tuesday, September 28  
**Calming Practices: Techniques for  
Managing Stress and Sleeping Well**  
with Carole O'Toole

Thursday, September 30  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

### Week 4

Tuesday, October 5  
**Creative Expression: Healing through the  
Beauty of the Everyday**  
with Deborah Steele

Thursday, October 7  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

### Week 5

Tuesday, October 12  
**Nourishing Body, Mind and Sprit through  
Eating Well**  
with Laura Pole, RN, MSN, Chef

Thursday, October 14  
**Movement**  
with Cathryn Pethick, AA, AYS, C-IAYT  
**Group**  
with Jennifer Bires, MSW, LCSW, OSW-C

### Week 6\*\*

Tuesday, October 19 (5:30 – 7:30 pm ET)  
**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, October 21 (6 – 7:30 pm ET)  
**Crossing the Threshold: Putting Our Wisdom  
into Practice**  
with All Program Staff

\*\* Content of sessions is reversed in Week 6, with movement & group first, closing second