



Pathways
HEALTH CRISIS RESOURCE CENTER



*Renewing Life™... a helpful next step
along your healing journey.*

**SUSAN G. KOMEN® MINNESOTA GRANT AWARDED:
RETREATS FOR BREAST CANCER SURVIVORS & FACILITATOR TRAINING**

Dear Pathways Community Partner,

We are excited to announce that we received a Susan G. Komen® Minnesota grant in support of our expanding Renewing Life™ program. This grant will allow us to:

- a) Hold four, 3-day Renewing Life™ retreats for 56 breast cancer survivors (income limits apply), at no cost
- b) Offer training to 20 qualified individuals to become Renewing Life™ facilitators at no cost (CEU's available) – all centered around our Renewing Life™ program and bringing it back to the breast/cancer community.

Please review the details to follow and help us identify people who could benefit from this life-enhancing program.

Please call Carol Burling, Pathways Program Manger, if you have any questions. Feel free to forward this information to other organizations that may have potential participants for retreats or candidates for facilitation training.

Thank you in advance for your support and help in offering this program to the community.

Sincerely,

Tim Thorpe
Executive Director, Pathways

What is Renewing Life™?

Renewing Life™ is designed to empower participants to live authentically using practical tools, which support participants to view illness and loss as opportunities for spiritual and emotional growth. This unique program combines the strengths of emotional support groups and educational programs offering a variety of healing techniques enabling participants to discover what assists them on their own healing journey. The mind-body-spirit connection is explored with a focus on what the latest research indicates regarding how to best support our bodies innate healing mechanisms. This program seeks to help breast cancer survivors in reframing their attitudes and ways of living based on the acceptance of change and the understanding of fear (that the cancer may come back and that they will never be the person they were before.) Each weekend retreat is led by two professionally trained and certified facilitators.

RENEWING LIFE™ 3-DAY

Who is eligible to participate?

We have space for 56 breast cancer survivors to attend a fully paid Renewing Life™ 3 day retreat workshop. Eligibility requirements are:

- Must be a breast cancer survivor (at any stage)
- Must have a household income of \$40,000 or lower. Income guidelines may be flexible with regard to medical debt.
- Must be at least 18 years of age
- Must be able to provide transportation to and from retreat center location.

Renewing Life™ Retreat Details

Fully paid Renewing Life™ retreats for breast cancer survivors. Each retreat is open to 14 participants. Retreats begin at 9:00 AM on Friday and end at 4:00 PM on Sunday.

- June 6-8, 2014 - Mount Olivet Retreat Center - Farmington, MN
- August 22-24, 2014 - College of St. Benedict - St. Joseph, MN
- November 14-16, 2014 - Superior Shores - Two Harbors, MN
- January 23-25, 2015 - The Retreat - Wayzata, MN

RENEWING LIFE™ FACILITATOR TRAINING

Who is eligible to participate?

We have space for 20 facilitator candidates for a fully paid intensive Renewing Life™ facilitator training program. Eligibility requirements include

- Healthcare professionals, therapists, social workers, spiritual directors, chaplains, etc
- Individuals interested in working with groups of people who are interested in reframing their lives.

Renewing Life™ Facilitator Training Details

Fully paid training for 20 new Renewing Life™ facilitators to bring Renewing Life™ back to the breast cancer community. CEUs available. Training will be held at Pathways' facility. Lunch will be provided.

- October 23, 2014 – 8:30 AM – 4:30 PM. Facilitator skills training. Required for those with minimal facilitation experience.
- October 24-26, 2014 – Each day begins at 8:30 AM and ends at 4:30 PM

How to Apply:

Applications for both the **Renewing Life™ 3-Day Retreat** and **Facilitator Training** are included with this mailing and are also available online at www.pathwaysminneapolis.org/renewinglife3day. Please send an application form to any individuals or groups you think may be interested in applying.

Questions?

For additional information, please contact Pathways' Program Manager, Carol Burling at carol@pathwaysmpls.org or 612-822-9061.