



support healing, activate hope, promote thriving

## **Annual Report - 2008**

**Our mission is to support healing, activate hope, and promote thriving.**

**Our vision is that EVERYONE touched by cancer or any life altering illness be empowered to move from surviving to thriving.**

**Our History:** Healing Journeys was founded as a 501 (c)(3) non-profit organization in 1994. Between March 1994 and September 2008 we have offered our signature program *Cancer as a Turning Point, From Surviving to Thriving*<sup>™</sup> 24 times.

### **Healing Journeys work to fulfill our Mission in 2008:**

- **We offered *Gifts of the Imagination: Guided Imagery for Surviving and Thriving Beyond Cancer***, taught by Belleruth Naparstek, LISW, BCD, psychotherapist, author, and guided imagery innovator. We offered this workshop twice in April, 2008; in Portland, hosted by Providence St. Vincent's Cancer Center and in Seattle, hosted by Swedish Cancer Institute. A total of 237 people attended.
- **We held our free two-day *Cancer as a Turning Point, From Surviving to Thriving*<sup>™</sup> conference in September at Memorial Auditorium in Sacramento, CA.** Sponsors included Sutter Cancer Center, UC Davis Cancer Center, The California Endowment, Kaiser Permanente, Susan G. Komen for the Cure, and River City Bank. One thousand people registered for this event. Some comments from participants are:

*This has been a very uplifting and inspiring experience. I now know I'm not in the battle alone.*

*I absolutely received so much comfort, encouragement and reminders how I could continue healing myself from my disease.*

*Wow! As a family support person this conference has allowed me to more fully share this journey with my mother and has opened up discussions that we seemed to avoid.*
- **We offered a workshop taught by Emmett Miller, MD titled *Awakening The Healer Within*** in Sacramento in November. Dr. Miller is internationally acknowledged as one of the fathers of Holistic and Mind/Body Medicine. It was attended by 100 people.
- **We increased our ability to reach people not able to attend a conference**
  - Posted 10 videos on YouTube
  - Posted podcasts of 6 of the Sacramento conference speakers on our website
  - Created 2 two-hour DVDs with presentations from the Sacramento conference
- **We continued our Giveaway Project** and gave away (for the cost of shipping only) the following media to 86 cancer centers and cancer resource libraries:
  - CD sets** - *Cancer as a Turning Point* Volumes I and II
  - DVDs** - *The Seven Levels of Healing* - Jeremy Geffen, MD
  - Deep Canyon* - Annan Paterson
  - Shopping as a Spiritual Path* - Terri Tate
- **Jan Adrian, Director of Healing Journeys, made a presentation** in Florida about the *Cancer as a Turning Point*<sup>™</sup> conference at the annual joint meeting of the Cancer Patient Education Network and the American Association for Cancer Education.
- **We strengthened our infrastructure** to allow us to increase our offerings. Holly Thompson started in February working 4 days a week as an Executive Assistant. We contracted with YNotWeb to modernize our website, allowing us to manage our content and to take automatic payments on the website. This will be completed in 2009.
- **We strengthened our image and future** with a vision statement and new logo. New letterhead and business cards have been designed. A new promotional brochure is in process that will be completed in 2009.

## **Future Dreams for Healing Journeys:**

- Organize two benefit concerts with Ashana in May 2009 in Berkeley and in Sacramento.
- Offer our *Cancer as a Turning Point, From Surviving to Thriving™* conference in Greenville, SC, June 6 & 7, 2009.
- Offer our second one-day *Cancer as a Turning Point™* conference in Bremerton, WA on October 3, 2009.
- Offer two *Awakening the Healer Within* workshops with Emmett Miller, MD, one in San Mateo, CA, and one in Portland, OR, hosted by Providence St. Vincent's Cancer Center.
- Establish a stronger presence and more resources on the Web, including:
  - A presence on Facebook
  - More videos on YouTube
  - A monthly eNewsletter
  - Healing stories on our website
  - Expanded resources for survivors on our website
- Offer training for health professionals with Jeremy Geffen, MD on *The Seven Levels of Healing*.
- Offer a two-day conference in Charlottesville, VA, June 5 & 6, 2010 sponsored by the University of Virginia.
- Offer *Cancer as a Turning Point, From Surviving to Thriving™* in Knoxville, TN sponsored by the Wellness Community in 2010.
- Offer *Cancer as a Turning Point, From Surviving to Thriving™* conference in Northern California in 2010.
- Explore the viability of other invitations to produce our conference.