

Healing Journeys

support healing, activate hope, promote thriving

2010 Annual Report





Annual Report - 2010

Our Mission: To support healing, activate hope, and promote thriving.

Our Vision: That EVERYONE touched by cancer or any life altering condition be empowered to move from surviving to thriving.

Our History: Healing Journeys was founded as a 501(c)(3) non-profit organization in 1994. From March 1994 through November 2010, our signature program, *Cancer as a Turning Point, From Surviving to Thriving™*, has been offered 29 times, serving more than 20,000 individuals, family members, and health care professionals.

Fulfilling Our Mission in 2010

- **Healing Journeys planned and launched a new workshop, *The Cancer-Fighting Kitchen*.** Presented by integrative health expert Jeanne Wallace, PhD, and Commonwealth head chef and author Rebecca Katz, MS, attendees were informed about the benefits of preparing health-supportive cuisine and provided with hands-on demonstrations. Two workshops were held in 2010, at capacity, one in Santa Cruz, hosted by Dominican Hospital, a second in Napa, hosted by Queen of the Valley Medical Center. Attendance of 250.
- **Healing Journeys held two 2-day *Cancer as a Turning Point, From Surviving to Thriving™* free conferences** in June in Charlottesville, VA and in October in San Mateo, CA for a total of about 1,000 attendees. The Virginia conference was sponsored by the University of Virginia Cancer Center. Sponsors for the San Mateo conference included The California Endowment, American Cancer Society, Genentech, and FamiliesCAN. Representative comments from participants follow:

Such warmth, such heart, such connection; this is so supportive to all of us. Healing Journeys Conferences are a gift to us all. Makes me cry, I am so grateful.

Huzzah to you for putting together a spectacular weekend of outward friendliness, inner enlightenment, and hope with all types of healing. Thank you all, including the guests.

Since being ill, the majority of info/help has been sad and serious. This conference is unique in incorporating other dimensions which brought a smile and expanded my horizons to include modalities other than traditional medicine.

- **We orchestrated a one-day version of our *Cancer as a Turning Point, From Surviving to Thriving™* free conference** in Knoxville, TN, in June, sponsored by the Wellness Community. Attendance was 265.
- **We offered a workshop taught by Debra Jarvis entitled *Finding Meaning Through Cancer*,** in Seattle in April and in Portland in May. Total attendance was 81.
- **We increased our capacity and strengthened our infrastructure by hiring Beth DeLashmutt-Poore as an Executive-Director-in-Training.** We received a 3 year contribution of \$100k for underwriting this position - \$50k in 2010 and \$25k in each of the next two years.
- **We continue to broaden our product offerings that support our Mission** by making available *The Cancer-Fighting Kitchen* DVD recordings from the Santa Cruz Workshop held in March.

Our Financial Support & Allocation in 2010

Healing Journeys' income for 2010 was \$258,168. Our expenses were \$214,745. The income sources and funds allocation is detailed in the following charts:

