



support healing, activate hope, promote thriving

PO Box 221417
Sacramento, CA 95822

Finding Meaning Through Cancer

with Debra Jarvis

Seattle, WA April 24 and 25, 2010

Portland, OR May 1 and 2, 2010

Approved for 13 CE credits for RN, MFT, LCSW

Healing Journeys

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presents

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Debra Jarvis, "the irreverent reverend with something to say," is an ordained minister in the United Church of Christ. She is a breast cancer survivor and author of ***It's Not About the Hair: And Other Certainties of Life & Cancer*** (Sasquatch, 2007) which was a finalist for the 2009 Washington State Book Awards.

She has worked as a hospice spiritual counselor and currently serves as chaplain for the Seattle Cancer Care Alliance. She is a commentator for NPR and speaks at conferences and workshops on cancer, death and dying, medical staff care, spirituality, and the importance of quality chocolate. www.debrajarvis.com

Healing Journeys is pleased to offer this workshop with our partners



Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's



Finding Meaning Through Cancer

One of the most astounding things about the cancer experience is discovering that only a small part of it is about medicine. Most of it is about feelings and faith, losing and finding your identity, and discovering strength and flexibility you never knew you had. It's about looking at life and staring death in the eye. It's about realizing that the most valuable things in life are not things at all, but relationships. It's about laughing in the face of uncertainty and having the courage to turn down the broccoli and ask for more chocolate.

The cancer experience brings up our deepest beliefs and often we're not sure exactly *what* we believe. Exploring questions about life's meaning, spirituality, death and grief helps us clarify our beliefs and find meaning in our experience.

This workshop will provide a safe forum for discussion and exploration of:

- life's meaning
- spirituality
- death and grief
- integration of our beliefs

Using a combination of brief lectures, small group sharing, visual journaling, music, guided imagery, and gentle movement, we will enter into discussions in a spirit of inquiry, curiosity, discovery, and collaboration.

Over the course of two days, Debra will open a space in which it is safe to unwind, explore, laugh and share. Aspects of childhood beliefs, patterned behavior and cultural norms are a few of the guideposts for our sharing. Dark chocolate will be provided.

WHO SHOULD ATTEND:

- Cancer patients and their families and friends
- Medical staff
- Clergy
- Counselors and social workers
- Anyone wanting to find meaning in life's challenges

PARTICIPANTS CAN EXPECT TO:

- Gain new perspectives
- Increase comfort level when discussing these issues
- Gain a deeper understanding of their beliefs
- Find new meaning in their experience

WORKSHOP INFORMATION

REGISTRATION FEE:

Postmarked by: **April 1 - \$149; April 19 - \$179; After April 19 - \$199, if space is available**

PARTIAL SCHOLARSHIPS & WORK EXCHANGE:

If you want to attend and are financially challenged, you can apply for a partial work exchange or partial scholarship. Complete the request at www.healingjourneys.org, or call (800) 423-9882 to have a form sent to you.

SEATTLE: APRIL 24 & 25, 2010

**Fred Hutchinson Cancer Research Center
1110 Fairview Ave. North
Seattle, WA 98109**

PORTLAND: MAY 1 & 2, 2010

**Stanley-Shafer Rooms 20-23
Providence St. Vincent Medical Center
9155 SW Barnes Rd.
Portland, OR 97225**

PARKING IS FREE

**TIMES: Saturday 9am to 5pm
Sunday 9am to 4 pm**

This is a two-day workshop and participants must attend both days.

CONTINUING EDUCATION:

Healing Journeys is approved by the CA Board of Registered Nursing, Provider No. CEP 10808 and by the CA Board of Behavioral Sciences, Provider No. PCE 953. **There is an additional \$10 processing fee for 13 CE credits.**

CANCELLATIONS:

If cancellations are received in writing or online by April 19 for Seattle and April 26 for Portland, a refund (less a \$15 processing fee) will be made.

THANKS TO OUR PARTNERS

**Seattle Cancer Care Alliance
Fred Hutchinson Cancer Research Center
Providence St. Vincent Medical Center**

Finding Meaning Through Cancer

REGISTRATION

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone:(____) _____ Cell/Work:(____) _____

Email: _____ FAX: _____

I am registering to attend in **Seattle Portland**
(Please circle workshop location)

WORKSHOP FEE (includes lunch)

- \$149 Early Bird Registration by April 1, 2010
- \$179 Regular Registration by April 19, 2010
- \$199 After April 19 (If space is available)
- \$10 additional fee for 13 Continuing Education Credits approved for RN, MFT, and LCSW

License #: _____ Kind of License: _____

CANCELLATIONS received in writing or online by April 19 for Seattle and April 26 for Portland will receive a refund less a \$15 administrative fee.

PAYMENT

Check amount enclosed \$ _____

MC/Visa Only _____ Exp. Date _____

Billing Address _____

Signature _____

**Register online at www.healingjourneys.org
Fax registration to: (916) 391-1004
Call to register: (916) 391-0549; (800) 423-9882**

**Mail check with registration to:
Healing Journeys
P.O. Box 221417, Sacramento, CA 95822**

info@healingjourneys.org • www.healingjourneys.org