



Join Us For the

2017 Breast Cancer Survivor Retreat

Caring Connections Sock Hop!!

September 9th and 10th

The YMCA Wilderness Center at Camp Jordan

Branch Lake, Ellsworth, Maine

Enclosed you will find information on the 2017 Caring Connections Breast Cancer Survivors' Retreat! **This 2 day event is free to any Maine Breast Cancer Survivor.** Participants are invited to attend the entire retreat or just one day. We have included a registration form to complete and return to Caring Connections, and a schedule of activities. Participants are welcome to participate in as many or as little of the activities as they would like. Directions and a list of items to bring are also included. There is also some additional information about this year's craft projects.

Attendees are invited to dress in sock hop attire for the Saturday dinner and dance party, but this is not a requirement! A couple of our crafts this year involve making a poodle skirt and saddle shoes, which require purchasing some items prior to the retreat. If you need assistance with this or have questions, please contact us!

This year we are also offering a session by Stephanie McLeod-Estevez, art therapist and breast cancer survivor from Creative Transformations called "*Building Resiliency*". Part of the challenge of cancer is dealing with new unknowns. This session, using creative expression, will help participants explore what their inner resources are and how to tap into them. Stephanie teaches the healing power of art to heal mind, body, spirit and self. This session is limited to 15 people. If you are interested in attending, indicate this on your registration form and REGISTER EARLY!

For more information please call Caring Connections at 941-2808 x 335 or 338

Or email us at CaringConnections@bangorY.org