



### How do I apply?

If you have a computer, please read the more detailed description of the Cancer Help Program at [www.commonweal.org](http://www.commonweal.org). Click the "Our Programs" link on the left and then click "Cancer Help Program." Once you have reviewed the information, or if you do not have a computer, please call Waz Thomas, Cancer Help Program Intake Coordinator, at 415-868-0970 (ext. #316). He will talk with you about your interest and the application process. Thank you for your interest in the Cancer Help Program.

### COMMONWEAL Cancer Help Program

P.O. Box 316  
Bolinas, CA 94924  
415-868-0970  
[www.commonweal.org](http://www.commonweal.org)

### What is COMMONWEAL?

Commonweal is a nonprofit center in Bolinas, California. Founded in 1976, Commonweal works for the "commonweal," the well-being of the community of life on earth, through twelve programs in health, education, and the environment. Commonweal is located at the southern entrance of the Point Reyes National Seashore on a site of exquisite natural beauty. Commonweal also offers a Retreat Center for individual and group use and a permaculture garden and training center. For more, visit [www.commonweal.org](http://www.commonweal.org).



*All photos taken on location at Commonweal by Dr. Bob Rufsvold*



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COMMONWEAL  
Cancer Help Program  
P.O. Box 316  
Bolinas, CA 94924

# COMMONWEAL Cancer Help Program



## What is the Commonweal Cancer Help Program?

The Commonweal Cancer Help Program (CCHP) is a week-long retreat for people with cancer and their significant others. We seek to help participants live as well and as long as possible. We offer balanced exploration of choices in healing, biomedical and integrative therapies, and emotional and spiritual dimensions of cancer. Participants also experience community with others facing a cancer diagnosis.

## What does the Cancer Help Program offer?

The Cancer Help Program offers an integrated program of healing that includes group-support sessions led by a psychotherapist, massage, yoga, meditation, music, deep relaxation, symbolic learning through sandtray, exploration of sacred space, and a gourmet vegetarian diet. Evening sessions explore choices in healing, biomedical therapies, integrative therapies, pain and suffering, and death and dying.

Widely considered the premier program of its kind in the United States, CCHP draws participants from across the United States, Canada, and Europe.



## Who should apply?

The Cancer Help Program supports people at any stage in the cancer journey. It provides an exceptionally high-quality opportunity to explore the physical, mental, emotional, and spiritual dimensions of healing. The retreats are limited to eight participants. CCHP works best for people who understand what the retreats offer and believe they will benefit from participating. They also work best for people who are comfortable in small group settings. The Cancer Help Program is an educational program. Participants must be under the care of a physician, able to care for themselves, able to participate in the program, and sufficiently medically stable and physically strong to spend a week in a rural retreat setting.

## What do former participants say about the Cancer Help Program?

Most participants find the Cancer Help Program has a lasting positive effect on their lives. After over 150 retreats in the past three decades, we have learned the retreats have profound effects on anxiety, fear, loneliness, helplessness, and other psychological conditions that often accompany cancer. In evaluations, participants consistently indicate that the Cancer Help Program far exceeded their expectations.

## Who is on the staff of the Cancer Help Program?

The Cancer Help Program has a highly experienced and distinguished staff:

- Michael Lerner, president and co-founder of Commonweal, co-leads the retreats with two rotating psychotherapist co-leaders, Lenore P. Lefer MS, MFT and Stuart Horance, PhD.
- Senior staff includes: Coordinator Arlene Allsman; Yoga Teacher Kate Holcombe; Retreat Center Director Jenepher Stowell; Massage Coordinator and Yoga Teacher Jnani Chapman, RN, CMT; Chef Claire Heart; Nutrition Educators Rebecca Katz and Sadja Greenwood, MD; and Sand-tray Facilitator Irene Gallwey.
- Rachel Naomi Remen, MD, Director of the Institute for the Study of Health and Illness at Commonweal, serves as Medical Director and advisor to the Cancer Help Program.

## How often do Cancer Help Program retreats take place?

Commonweal offers the Cancer Help Program six times a year—three times in the Fall and three times in the Spring. There is a waiting list, so please apply early.



## What does the Cancer Help Program cost?

The fee for the Cancer Help Program is \$2460. This is half our actual cost. We offer additional scholarships. We are grateful for the contributions of Cancer Help Program alumni and friends who make this possible. We welcome your interest and support.