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Refuge for Survivors

A variety of retreats exists for individuals and families affected by cancer. While Commonweal inspired the creation of numerous other cancer retreats, hospitals and healthcare providers may also offer programs at little or no cost. Some include:

Camp Mak-A-Dream is a free camp for 6- to 25-year-olds with cancer located near Missoula, Montana. Camps are held throughout the year. There is a cost for adult retreats. For more information, go to www.campdream.org or call 406-549-5987.

Commonweal Cancer Help Program retreats are held throughout the year near Bolinas, California. The fee of \$1,880 is all inclusive for the seven-day retreat. Some scholarships are available. For more information, call 415-868-0970 or go to www.commonweal.org.

First Descents holds free, weeklong camps in Vail, Colorado, and Kalispell, Montana, each summer for young adults over age 18 with cancer. Camp activities include kayaking, horseback riding, fishing and rock climbing. To learn more, call 970-476-9400 or visit www.firstdescents.org.

Harmony Hill Cancer Retreats are for cancer survivors and their caregivers. The program, held in Union, Washington, is free to participants and includes meals, lodging and programs. For information, call 360-898-2363 or go to www.harmonyhill.org

Life Beyond Cancer is a four-day retreat at Miraval Spa near Tucson, Arizona, for women cancer survivors. The retreat, held each December, has a non-refundable registration fee of \$100. For more information, visit www.lifebeyondcancer.com.

Smith Farm Center for the Healing Arts Cancer Help Program is a weeklong retreat in Comus, Maryland, for adult cancer survivors held throughout the year. Scholarships are available. For more information, go to www.smithfarm.com or call 202-483-8600.

Stowe Weekend of Hope is held each spring in the resort town of Stowe, Vermont, for cancer survivors and their families. Free accommodations for first-time guests; most events are free. For more information, call 800-GO-STOWE or visit www.stowehope.org.

Sunstone Cancer Support Foundation offers numerous cancer retreats in Tucson, Arizona, year-round for cancer survivors and their families. Partial scholarships available. For more information, go to www.sunstonehealing.net or call 520-749-1928.

