THE PROGRAM

Callanish Society is a non-profit organization providing retreats and support programs for people living with cancer and their families. Our weeklong retreats provide participants with the opportunity to explore in-depth the impact that cancer has had on their lives physically, emotionally and spiritually. Our goal is for people to create greater fearlessness and more personal clarity around illness, loss and death.

Sessions include: Group work, qigong, meditation, relaxation/imagery, massage, Therapeutic Touch, music and sound, art and creativity, nutrition, and medical consultation.

WHO COMES TO THE RETREAT?

Women and men who have had cancer, or who are living with cancer, at any stage of the illness. Eight to ten participants attend each retreat.

THE FACILITATORS

Janie Brown, R.N., M.S.N., M.A. (Psych.)

Has worked with people with cancer and their families for over 20 years—several years at the B.C. Cancer Agency as a Clinical Nurse Specialist and for the last 12 years in her counselling practice. She presents and teaches widely on issues related to cancer and facilitates support groups and retreats for people with cancer, their families and friends, and health care professionals. Janie is the Executive Director and founder of Callanish Society.
Tessa Cherniavsky, RMT
Is a registered massage therapist with a massage and Breema Therapy practice in Vancouver. She is trained in bodywork techniques from a variety of cultures that support and enhance relaxation and well-being.

Kathy Fell, B.S. Ed., R.N.C.P.
Is a registered nutritionist who together with Carol Sutcliffe leads a dedicated team in the kitchen to provide healthy, organic meals. Kathy works with many people living with cancer offering nutritional analysis and support. Kathy provides a practical, knowledgeable approach to food and nutrition.

Gilly Heaps, B.Ed., M.A., R.C.C.
Is a counsellor at Delta Hospice of adults and children, and facilitates relaxation and support groups. Gilly respects the value that comes from incorporating creative visualization & relaxation into her work. In addition, she has a private practice specializing in sandtray therapy. Gilly had breast cancer over 13 years ago and has experienced both conventional and complementary therapies.

Is a visual artist and art therapist. She supports adults and children in exploring healing and the creative process. Gretchen has a private practice and co-facilitates programs at "Callanish in the City". She also teaches at the Vancouver Art Therapy Institute.

Daphne Lobb, M.D., C.C.F.P.
Is a family physician and Medical Director of the Palliative Care Program at St. Paul's Hospital, Vancouver. She teaches and lectures widely on the many issues related to living well with cancer and is committed to helping people find ways to maintain a high quality of life. Daphne is dedicated to bringing humanity back into medicine.

Maryliz Smith, B.Mus., M.Mus.
Is a musician, composer, music educator and international performance artist. She uses sound and music to evoke deep relaxation and healing. Maryliz is also a certified clinical hypnotherapist and counsellor and a long time practitioner and teacher of Qigong. She comes to the retreats from Mill Valley, California.

Carol Sutcliffe
Carol works at Integrative Healing Arts in Vancouver as a clinical associate with people around health and nutrition. Carol is a fabulous cook with a great love of providing healthy organic food for Callanish Retreats and City Programs.
THE SETTING
All the retreats are held outside Vancouver in quiet, private, restorative settings in nature. Four retreats are held each year.

THE SCHEDULE
Our seven day program begins at 4 p.m. on the first day of the retreat and ends at 11 a.m. on the last day.
We offer structured group sessions in the mornings, late afternoons and evenings. We have also built in quiet time for relaxation, individual sessions, rests or walks.
We provide nutritious meals and snacks using predominantly organic produce.

COST
The cost of the retreat is $795.00 plus GST. Scholarships are available on request for those without the financial means to attend. The retreats are subsidized by the generous support of individual donors and Foundations.

HOW TO REGISTER
Please call 604.732.0633 for an application form. Once we receive your application, we will call you to discuss the retreat and review your application.

CALLANISH
SOCIETY

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Callanish gratefully accepts donations in support of our retreats and programs.
Donations are tax deductible and can be made online through our website or by calling our office.

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