



THRIVING BEYOND CANCER

Weekend Retreat or Two Day Workshop



Survivorship Program to Help Women
Gain Clarity & Create a More
Fulfilling Life After Cancer



Both workshops target women who have finished their formal treatment. Patients/Survivors learn how to overcome fear, balance their lives, and set priorities to help achieve their dreams using life coaching principles and techniques.



Breast Friends[®]

www.breastfriends.org

14050 SW Pacific Hwy, Suite 201 Tigard, OR 97224
503.598.8048 - www.breastfriends.org

SURVIVOR BENEFITS

Why Thriving Beyond Cancer?

Many patients feel lonely and depressed after treatment ends, not knowing what to do to regain their life. Some are overwhelmed by emotions while some feel stuck. It's time to re-energize your relationship with your spouse or partner, or to look more closely at your career, and decide what goals and dreams you still want to achieve. We know we can't go back to our old life but not sure how to create a new life after cancer.

The Thriving Beyond Cancer workshop offers a safe environment to share your feelings, and with the help of your coach, find the tools and direction to achieve your new life after cancer. You explore your dreams and find ways to create your new life to reach the life of your dreams.



Breast Friends, founded in 2000, teaches the importance of support, offers hope and inspiration to women and their families diagnosed with breast, ovarian, and other women cancers through one-on-one support and a variety of programs and events.

Call 503-598-8048

or email us: sharon@breastfriends.org

Breast Friends is a 501(c) 3 Organization
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