

Patient Education Resources from UCSF Comprehensive Cancer Center

UCSF Helen Diller Family
Comprehensive
Cancer Center

Retreats

The **UCSF Patient and Family Cancer Support Center** is the hub of support, information and resources for people with cancer at the **Helen Diller Family Comprehensive Cancer Center**. Learn more about UCSF's supportive care programs at www.cancer.ucsf.edu/crc.

The **Cancer Support Center at Mission Bay** is located at 1825 4th St., 1st Floor, Room M-1210.
The **Cancer Support Center at Mt. Zion** is located at 1600 Divisadero St., 1st Floor, Room B-101.

The complete list of **Patient Education Resource Pages** is available to view at <http://cancer.ucsf.edu/support/crc/patient-education-resources>

Retreats

Camp Māk-a-Dream

Māk-a-Dream retreats are a mix of camp fun and serious conversation. Activities range from physical challenges to art therapy, yoga and life-planning. The camp is located near Gold Creek, Montana. The camp is provided cost-free to participants.

www.campdream.org

<https://www.campdream.org/camps-programs/young-adult-conference/> 1-406-549-5987

Casting for Recovery

A two-and-a-half day fly-fishing retreat for women with breast cancer. Casting for Recovery provides the retreat at no cost and all gear and supplies will be provided.

<http://castingforrecovery.org>

1-888-553-3500

Commonweal Cancer Help Program

A week-long retreat for people with cancer in Bolinas, California. The healing program includes therapist-led sessions, massage, yoga, meditation, deep relaxation, imagery work, and a vegetarian diet. Limited to 8 or 9 participants. Cost is \$2,460; need-based *scholarships offered*.

www.commonweal.org/program/cchp

1-415-868-0970

Epic Experience

Epic Experience offers a free, week-long outdoor experiences in Colorado to any person diagnosed with cancer. Experiences vary depending on the season and location. All are welcome from age 18 years and up.

<https://www.epicexperience.org>

1-855-650-9907

First Descents

First Descents is a multi-day adventure program featuring white-water kayaking, rock climbing or surfing. The program is designed for all young adult cancer survivors (either during or after treatment) ages 18-39. Cost is free to participants. *Air fare is not covered, but travel scholarships may be available*. Programs take place in various parts of the country.

<https://firstdescents.org>

1-303-945-2490

Healing Odyssey

Three-day retreats for women in Running Spring, California. Healing Odyssey provides its programs regardless of ability to pay. Participants can participate in activities such as meditation, yoga, forest bathing, dancing and karaoke and sound healing.

<https://healingodyssey.net>

1-949-707-1710

Me-One Foundation

Me-One's main program is Camp Wieser, which is a three-day, no-cost to retreat for those diagnosed with cancer and in need of a place of joy and relaxation. Up to five family members or close friends are allowed to come along. Located in the Santa Cruz

Mountains.

www.me-onefoundation.org

1-916-784-2267

Reel Recovery

Reel Recovery conducts free fly-fishing retreats for men recovering from cancer. Combines fly fishing instruction and "courageous conversations"; provides men an opportunity to share stories, learn a new skill, and form friendships. The retreat is free of charge.

<http://reelrecovery.org>

1-800-699-4490