



Introduction

Welcome to *A Journey of Courage and Hope: Metastatic Breast Cancer Retreat Planning and Resource Kit*, brought to you by Pfizer Oncology

I'm pleased to share my experiences to assist you in establishing a successful retreat for women with metastatic (Stage IV) breast cancer (mBC). These retreats are incredibly meaningful in meeting the needs of women who want to connect with others, discuss their fears, make plans for the future, and come away feeling more prepared for what lies ahead. Since the first retreat program launched in 2006, nearly 40 retreats have been held nationally (as of January 2021)*. In an ideal world, every mBC patient would have the opportunity to experience a program such as this one. Though this is a lofty goal, please know that every patient that attends one of these retreats has the opportunity to come away with new knowledge, hope, friendships, coping skills, and a plan of action for the future.

This kit contains materials to help you develop and implement retreat programs for your patients with metastatic breast cancer. The components include information on different types of retreats, their purposes, important goals and objectives, logistical planning, budget strategies, and much more. The function of the kit is to give you the tools you need to successfully design and execute a complete retreat experience.

Retreats are intimate experiences that can bring laughter and tears, which are shared among everyone involved. Together, participants discover new strength. Each retreat is a learning experience — one in which participating medical professionals and facilitators learn from those who are dealing with the disease. Continuing to identify the needs of the retreats' attendees provides an opportunity to help patients on a much larger scale. These women are survivors, even though they may never know the joy and relief of being disease-free.

I long for the day when these types of retreats will no longer be needed because scientists will have deciphered a way to prevent metastatic diseases. Until then, let's take care of as many of these women as we can by delivering patient-centered care designed intentionally with their needs in mind. I hope you have a rewarding and enlightening retreat experience, just as I've had with each of mine.

- Lillie D. Shockney
RN, BS, MAS, HON-ONN-CG

*Pfizer Oncology has been working with Lillie Shockney, RN, BS, MAS, HON-ONN-CG, on this resource since 2015 and is not associated with retreats occurring before this time.