

A Breast Cancer Survivorship Retreat for Wyoming Women



Daring Greatly™ Living with and beyond breast cancer

A survivorship retreat for Wyoming women

When:

October 9-11, 2021
Apply by June 28, 2021

What:

12 hours of supportive psychoeducation
- Limited up to 12 participants (selected by lottery) – as COVID restrictions require

How to apply:

<https://www.wyomingarttherapy.com/daring-greatly-living-beyond-breast-cancer/page>

Cost:

Free to all selected participants due to funding from the Wyoming Breast Cancer Initiative

NOTE: You cannot enter anyone else, without their permission. Due to funding only Wyoming Women are eligible for this retreat.

Information:

The Daring Greatly™ program is based on the clinical research of **Bréne Brown PhD**, and her book "**Daring Greatly**."

The primary focus of this retreat is to help Wyoming women develop shame resilience skills around their breast cancer experience; creating daily practices that transform the way we live, love, parent, and lead. DGBC supports women in digging deeply into their own personal responses to how living with and beyond breast cancer has affected their lives, relationships and self-concept. The retreat will be held in Albany County Wyoming. The retreat days are structured with set meals times, times for group work, times for individual work, and time for relaxation and self-care.

Prior to the retreat participants will receive a copy of the book "**Daring Greatly**", by Brené Brown PhD, in a format of their choice and be asked to read or listen to the book. At the retreat, a workbook with all necessary materials will be provided to participants.

Apply online: [click this link:](https://www.wyomingarttherapy.com/daring-greatly-living-beyond-breast-cancer/page)

[http://www.wyomingarttherapy.com/daring-greatly-living-beyond-breast-cancer/page](https://www.wyomingarttherapy.com/daring-greatly-living-beyond-breast-cancer/page)

see other side of this flyer for more information

To enter the lottery, go online:

<http://www.wyomingarttherapy.com/daring-greatly-living-beyond-breast-cancer/page>

Fill out the CONTACT ME section and put "DGBC information" in NOTES.

All participants will be contacted for more information and to add your name to the lottery (if appropriate).

No internet? Send a note or call:

Wyoming Art Therapy: ATTN DGBC

1465 N 4th St, Suite 113

Laramie WY 82072

307-461-9905 (you must leave a message)

Include your name, address, date of birth, email and phone, date and type of breast cancer diagnosis. **Please let me know the best way to reach you!**

All participants will be contacted for more information and to add your name to the lottery (if appropriate).

The lottery will close on June 28, 2021.

Participants will be notified of status with in 2 weeks of lottery. Twelve participants will be randomly selected and up to 6 alternates will also be selected at the time of the lottery.

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Facilitators, Funding & Facility:

Andi Berry, MHR, ATR-BC, LPC, NCC, CDWF has worked in psycho-oncology since 2001. Her goal is to help women address the social emotional issues that can arise when living with and

beyond breast cancer. She is a Certified Daring Way Facilitator. **Jess Ryan MS, PPC, E- RYT** will assist and facilitate on site yoga and relaxation opportunities.



The Vee Bar Guest Ranch is our location host for 2021

This workshop is funded by the Wyoming Breast Cancer Initiative (www.wyomingbreastcancer.org) for the 2020 grant cycle. It is co-hosted with a generous discount from the VeeBar Guest Ranch (www.veebar.com) and Wyoming Art Therapy and Medical Counseling LLC

(www.wyomingarttherapy.com) Contact: Andi Berry at 307-461-9905