

## Donation Form

Yes, please use my gift to support the *Tapestry* Retreat Program.

I understand that a tax receipt will be issued for my donation of: \$\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Method of payment: Cheque \_\_\_\_  
Visa \_\_\_\_ Mastercard \_\_\_\_

Credit Card #: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

*Please make cheque payable to  
"Tapestry Retreat Fund"  
and send with completed form to:*

Alberta Cancer Foundation  
Tom Baker Cancer Centre  
1331 – 29 Street NW  
Calgary, Alberta T2N 4N2

## Application Procedures

For more information about attending a *Tapestry* Retreat:

Call: Tapestry Answering  
Machine (403) 998-8549

The *Tapestry* Retreat Program has been developed by

The Department of  
Psychosocial Resources  
at the Tom Baker Cancer Centre  
in Calgary

&

The Department of Psychosocial &  
Spiritual Resources  
at the Cross Cancer Institute  
in Edmonton

and operates with support from  
the Alberta Health Services.



## *Tapestry:* A Program For People Living With Cancer



The *Tapestry* Retreat Program is given over five days at a Retreat and Renewal Centre, and is open to all people living with cancer.

Many people who are dealing with cancer find that their bodies are being well taken care of, but emotional and spiritual needs are also important. This program has been designed to incorporate a holistic approach to the well-being of an individual.



Photo by S. Hearnden

*“When you are in a valley or desert you have to walk alone. When you come here, each person is giving you water. With each cup of water, you become replenished.”*

Calgary Herald: July 15, 1998

Each retreat is held in a quiet, natural setting, away from day-to-day responsibilities. Participants are offered an opportunity to join in informational sessions and group or individual conversations with professional counselling staff from Alberta Health Services.

Other activities may include:

- ☉ individual and group reflection
- ☉ yoga and meditation
- ☉ massage
- ☉ African drumming
- ☉ creative activities
- ☉ free time to enjoy the natural beauty of the outdoors

### *Tapestry* Retreat Dates

A range of retreats for couples and individuals is offered each year. Please contact the Coordinator at the *Tapestry* answering machine:

(403) 998-8549 for information on specific retreats being held and to have your name placed on the appropriate waiting list.

## GENERAL INFORMATION

Participants receive an estimated \$2,500 worth of goods and professional services. However, generous donations from individuals and corporations through the Alberta Cancer Foundation help to reduce the cost to individuals and some retreats may be fully or mostly funded for Albertans through the generosity of our donors. Other retreats require participants to pay a portion of the full cost. Please contact the *Tapestry* Coordinator at (403) 998-8549 for more information on the cost of a specific retreat.

*In order to ensure the long term continuation of *Tapestry*, donations are gratefully accepted and can be made through the form on the reverse of this pamphlet.*

*“I have a real sense of peace coming away. I feel I won’t live my life in fear anymore.”*