



SMITH CENTER FOR HEALING AND THE ARTS

community. creativity. cancer support

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Smith Center Offers New Sessions on Navigating Cancer in 2013

New series provides information and resources to help those facing cancer find the most effective ways to heal with expert patient navigator

January 8, 2013 -Washington DC - On February 19, Smith Center will host “Navigating Cancer: Charting your Journey,” the first session in what will become a series of programs to help patients navigate through the cancer experience. Led by Carole O’Toole, Smith Center’s Director of Integrative Navigation Programs, the series will distill insights she has gleaned as a cancer survivor and a Cancer Coach for hundreds of survivors. The first program will offer resources for newly diagnosed patients, individuals in the early stages of treatment, and caregivers – empowering them with skills to make wiser choices and find opportunities to heal through the cancer experience.

“Getting a cancer diagnosis can change your entire world—work, relationships, core beliefs, self-image, and day-to day experience,” explains O’Toole, who launched Smith Center’s holistic navigation program in 2006. “As a navigator, I help people make important choices about their care and how they choose to experience illness.” The program will combine expert advice and group discussion to allow people to share their own experiences and get direct, expert feedback.

Carole is a national leader in Integrative Cancer Care, and also spends time with patients to make sure they are aware of therapies that could support treatment, reduce stress, or ease side effects and symptoms. These supportive therapies, including nutrition, yoga, acupuncture, reiki and others, are proven approaches that many physicians may not be as familiar with.

The series is based on Smith Center’s groundbreaking Integrative Patient Navigation model, which takes into consideration an individual’s whole cancer experience – the cultural, social, emotional, and the physical – and promotes healing on all levels. “Opportunities for healing present very differently for each person, but feeding the spirit is essential in living well with cancer. Accessing these opportunities can be enhanced through journaling, seeking moments of solitude, and finding joy along the way,” says O’Toole.

The first “Charting Your Journey” session will be held on **Tuesday, February 19 at 6:30pm**, and will include experiential stress reduction techniques and time for Q&A. Caregivers are welcome.

Participants may attend any sessions that are of interest to them. Details on additional sessions will be announced as available on Smith Center's website www.smithcenter.org.

Smith Center is committed to making all of its programs affordable and accessible to anyone who may benefit from them. Many classes are offered free of charge or at low cost and scholarship assistance is also available.

For a current schedule of Smith Center programs and classes, or to learn more about the organization, visit www.smithcenter.org or call 202.483.8600.

About Smith Center for Healing and the Arts

Founded in 1996, Smith Center for Healing and the Arts is a 501(c)3 nonprofit organization located in the heart of Washington, DC. Smith Center offers a variety of educational and creative resources and programs to enhance health and wholeness, with a special focus on serving those affected by cancer. Programs focus on cultivating each person's innate ability to heal, helping participants explore and maintain hope—even in the face of life's greatest challenges. Now in its 16th year of service, Smith Center (formerly known as Smith Farm Center) has expanded its program offerings to serve more than 10,000 people each year in the DC community through weeklong Cancer Retreats, classes and workshops, community outreach events, Hospital-Based Artist-In-Residence programs, Integrative Patient Navigation Services. Smith Center also operates the Joan Hisaoka Healing Arts Gallery, a space dedicated to showcasing art that serves to educate, enlighten, empower, and cultivate healing.

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