

**A** *Time to Heal* is a 12-week holistic rehabilitation program designed to help both survivors and their caregivers regain their physical, emotional, and spiritual health after cancer treatment. Like someone undergoing cardiac rehabilitation after a heart attack, a person deserves help in recovering from cancer.

Research and experience have shown the individual components of *A Time to Heal* make a positive difference in the well-being of cancer survivors and their caregivers by providing the tools needed to not only survive, but thrive after cancer treatment.

The founders of *A Time to Heal*, Stephanie Koraleski, PhD, and Kay Ryan, RN, PhD, combined their clinical expertise in nursing and psychology with their personal journeys as a cancer survivor and caregiver to create this evidence-based program. Local facilitators with passion for cancer survivorship have been formally trained and certified by Stephanie and Kay to implement this impactful program in our community.

## Who can participate?

Men and women who have completed surgery, chemotherapy, and/or radiation for a diagnosis of cancer in any health care system are eligible. Each cancer survivor is encouraged to bring a family member or friend who participated as a caregiver during their journey of diagnosis and treatment.

## What does it cost?

*A Time to Heal* is free to participants.

## What is asked of participants?

- To achieve the full benefit of the program, regular participation is important—we ask that you commit to attending at least 10 of the 12 sessions
- Sharing with the group is at your discretion each session
- You are free to end participation at any time
- You will be asked to complete research questionnaires allowing the founders of *A Time to Heal* to evaluate whether the program is meeting its goals and to provide feedback to benefit future survivors and caregivers

## What does the program involve?

- Group meetings for about 2 1/2 hours per week
- Gentle exercise
- A small, healthy snack is provided at each session
- Weekly instruction by expert speakers on topics relevant to survivors and caregivers
- Discussion of instruction topics
- Learning and practicing relaxation techniques
- Ending sessions with independent journaling and/or affirmations
- Graduation after completing at least 10 of the 12 sessions
- Reunion 6 months after graduation

## What are the benefits of participating?

People who have completed the program may feel better emotionally and physically. Past participants report having greater satisfaction with life and stronger feelings of well-being as a result of receiving helpful information from trained medical and mental health professionals and having opportunities to share experiences in a group setting. To encourage the healing process during and after the program, participants receive a free manual that complements the weekly sessions.