

# HOPE Retreat

## Infinite Strength

**OVERVIEW:** In the US, many single mothers with mBC are below the federal poverty level. This initiative provides financial and emotional support to these women and their children through a series of one-day retreats, including speaking with licensed social workers and therapists, art therapy, breakfast & lunch, and a grocery card to take away.



### Area of focus:

Support for patients with ABC/mBC



### Target population:

Underserved single mothers with mBC that are below the federal poverty level

**Objectives:** Offer community support to underserved single mothers with mBC and their children. Educate patients on the disease and teach them how to advocate themselves. Provide healing time through art therapy and creative activities they would not necessarily have access to without the program

### Unmet needs addressed:

- Lack of financial and emotional support for single mothers with mBC
- Poor understanding of the mBC diagnosis
- Limited opportunity for children of single mothers with mBC to engage in activities with other children in a similar situation

### Key components:

- Time with a licenced social worker/therapist specialized in oncology support (mothers)
- Creative art therapy with a professional art therapist (children)
- Breakfast & lunch and a \$100 grocery card to take away to help them get through the month until the next retreat

**Challenges:** The pandemic prevented opening a Retreat House, so community centres were used instead

**Outcomes:** Families who were part of the first retreat are returning for a second event, alongside additional families. The women value the support group aspect, as they cannot afford to see a therapist, and this therapist specializes in family grief/oncology

**Development:** The initiative was developed with social workers at the healthcare organisations in the state of Connecticut along with oncology family therapists, art therapists, and grief support therapists

**Cost:** <€5,000

**Timeline:** Launched on October 3<sup>rd</sup> 2021; to run once a month during Covid-19 and twice per month in the future

**Targeted to reach:** 60-150 underserved single mothers with mBC

The **HOPE** Retreat

HEALING · OPENHEARTED · PATIENT · EMPOWERMENT



### For more information:

<https://www.infinitestrength.org/the-hope-retreat>

Email: [Roberta@infinitestrength.org](mailto:Roberta@infinitestrength.org)



Ethnic, religious, indigenous/native population and/or other minorities



Low income patients



Older patients



Rural patients



Low health knowledge patients