Thoughts about We Can Weekend

“It provided the first occasion for us as a family to talk about how my cancer is affecting everybody in the family.”

“I didn’t realize my family and friends needed the guidance and support as much as I do. I’m really not alone.”

“The We Can Weekend shows that we are never alone in our illness or our feelings. The name is perfect—it teaches us WE CAN.”

We Can Weekend
A weekend retreat for persons with cancer and their families
What is We Can Weekend?

We Can Weekend is an opportunity to involve persons with cancer and their family members in a weekend retreat that focuses on living with cancer. Informal sessions provide for family discussions, group exercises, art activities, music and multi-media presentations.

Held at YMCA Camp Miller in Sturgeon Lake, MN, accommodations are comfortable and include meals, snacks and lodging. Indoor and outdoor recreational activities are available.

Camp Miller is wheelchair accessible. Childcare provided for children under 5 years old. Staff include nurses, social workers, Child Life Specialist, musicians, survivors, and many others.

- We Can Weekend is about ways to talk to the people in your family - so all of you feel less alone.
- It’s about meeting other families who are dealing with the changes cancer can bring.
- And it’s about discovering that you and your family have a lot to say about how cancer will affect your lives.

Learn About
- Reducing Stress
- Expressing Your Own Feelings
- Exercise Programs
- Family Communication Style
- Resources and Support
- Children's Activities
- Humor, Hope and Fun

Registration
Pre-registration is required - space is limited. For information call 218.786.3581.

How Much Does It Cost
Thanks to generous donations and a LOT of fundraising work, we ask for a $45 registration deposit to hold your spot. The rest is free of charge - a $200 per person value.

Sponsored by
Miller-Dwan Foundation
Essentia Health’s SMDC Foundation
Essentia Health Cancer Center
Breast Health Fund
Leukemia & Lymphoma Society

We Can Weekend
Held every fall

Patient’s Name ____________________________
Address _________________________________
City ____________________________
State _______ Zip_____________________
Home Phone ______________________________
Doctor’s Name ____________________________
Spouse’s/Parent’s Name ____________________
Total number of family members attending _____
Diagnosis ________________________________
Age ______________________________________
Fee is due at the time of registration.

Children (Please list names, ages and genders)
________________________________________
________________________________________

Make check payable to:
Miller-Dwan Foundation
Send form and payment to:
Caring Ways Cancer Resource Center
400 East Third Street
Duluth, MN 55805