



This retreat was a true blessing in my healing process and relationship with my husband. The intentional time together was so special, and meeting other young couples in similar situations who “got it” was amazing. We’re all keeping in touch and remaining friends after the experience! I truly cannot thank everyone enough for the incredible opportunity to dedicate time to our healing together as a couple.

—Anonymous

BREATHE NOW PARTICIPANT



75% of AYA survivors report the need for a support group or opportunity to connect with other survivors.

Dear Jack Foundation's **Breathe Now** wellness retreats are open to young adult cancer survivors and their partners who are one to three years removed from their last date of treatment. This thoughtfully designed, four-day retreat program, harnesses the transformational powers of yoga, meditation, and psychosocial breakout sessions. The retreats are professionally guided and designed to help each couple renew, learn, and grow as they live their lives together post cancer.



A **Powerful Voice** in the Fight Against Young Adult Cancer



The Breathe Now retreat was simply wonderful. The staff created a space for us to laugh, cry, and have moments of calmness in the midst of uncertainty.

—Jose & Stephen

BREATHE NOW PARTICIPANTS 

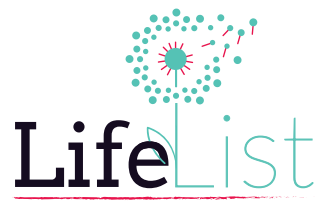
Jose & Stephen

THEIR STORY

Jose was originally diagnosed with acute lymphoblastic leukemia when he was 15 years old. He has relapsed five times and says that he doesn't really remember too much about life before cancer. He and his husband, Stephen, got engaged in the hospital and Stephen has been a source of support and understanding throughout Jose's treatments. They both acknowledge each other's resiliency during difficult times and recognize that they've experienced so much together at such young ages. Referred to **Breathe Now** by retreat alumni, Jose and Stephen were immediately interested in learning skills to help them move away from the patient/caregiver roles they've grown so accustomed to. They joined the retreat looking forward to talking with other young couples about walking the blurry line between their former roles and how to start planning for the future and the life they've dreamed of as partners.



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Thank you to everyone who helps make the LifeList program happen. I am very humbled and grateful that I got to be part of it. It is truly an invaluable thing, to give a young adult hope and light during some of their darkest times.

—Alyssa

LIFELIST PARTICIPANT

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Hope is probably the single most important element in the lives of patients and family members struggling with a diagnosis of cancer; therefore, enabling and maintaining a sense of hope in patients with cancer is essential for assisting them in battling illness.

Dear Jack Foundation's **LifeList** is a wish-granting program that offers hope and guidance to adolescent and young adult patients who are currently receiving treatment for life-threatening cancer diagnoses. This program gives patients positive experiences to focus on during treatment and also provides the opportunity to connect with a community of AYA patients, survivors, and advocates who have experienced similar journeys.



**DEAR JACK
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www.dearjackfoundation.org

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Evan



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When you get diagnosed with cancer as a young adult, so much gets ‘taken’ from you in such a short period of time. LifeList gave me the gift of a mini honeymoon with my husband. For a short time, I was able to experience total normalcy, away from chemo bags and doctor visits. I am truly thankful for the experience that would not have been possible without the Dear Jack Foundation.

—Evan

LIFELIST PARTICIPANT

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Evan's LifeList: Trip to Wine Country for a mini-honeymoon.

HER STORY

Evan is 29 years old and was on her way to get fitted for her wedding dress when she got a call from her doctor telling her she had cholangiocarcinoma, cancer of the bile duct. Currently in active treatment, while working full-time, she is finding new ways to navigate the unexpected turn her life has taken. She will be the first to admit that none of this has been easy; her wedding had to happen in between rounds of chemotherapy and her dream honeymoon to Italy had to be postponed. Thinking about mortality and making fertility decisions was not in her immediate plans, but she and her family are finding out just how strong and capable they are individually and together.



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