



Friday, September 20, 2019

12:00 pm – 10:00 pm	Registration	
Various Times	Camp Tours (1:00 pm; 4:00 pm; 8:00 pm)	
5:00 pm – 6:00 pm	Mentor Meet-Up	
6:00 pm – 6:15 pm	Icebreakers	
6:15 pm – 7:00 pm	The Survivor Collective: Journeying Together <ul style="list-style-type: none"> ▪ Welcome! ▪ Survivor Perspectives <ol style="list-style-type: none"> 1. Mental Health 2. Survivor Guilt 3. Race, Culture, Cancer 4. Academic/Vocational Challenges 5. Living with a physical disability 6. Being “Just normal” – and being okay with that 	
7:00 pm – 8:00 pm	Dinner	
8:00 pm onwards	Free Time/Camp Programming	Optional Group Chat (45 minutes): Volunteerism: How to Find the Right Fit when You Want to Give Back

Saturday, September 21, 2019

7:00 am – 8:00 am	Early Risers: Optional morning activity
8:00 am – 8:40 am	Breakfast
8:40 am – 8:45 am	Welcome!
8:45 am – 9:25 am	Mental Health and Survivorship
9:25 am – 9:30 am	Stretch Break
9:30 am – 10:00 am	Stress Management – Practical Ways to Find Your ‘Zen’

Please note: Program is subject to change at the discretion of the conference organizers.



Saturday, September 21, 2019 (cont'd)

10:00 am – 10:15 am	Morning Break	
10:15 am - 10:45 am	Cannabis Use in Survivorship	How to Implement an Exercise Routine You Can Stick With – and May Actually Enjoy!
10:45 am-12:15 pm	Getting to Know You: Team Exercise	
12:15 pm – 1:15 pm	Lunch	
1:15 pm – 2:45 pm	Workshop A – Self Care: A Deeper Dive <ol style="list-style-type: none"> 1. Music Therapy 2. Journaling 3. Art Therapy <i>(participants choose one of the above activities)</i>	
	Workshop B – Intimate Relationships	
	Workshop C –Living with Grief and Loss	
	Workshop D – Practical Strategies to Tackle Memory Challenges	
	Workshop E – Sexual Health: Your Questions Answered	
	Workshop F – Post-Treatment Fertility Salvage	
2:45 pm – 4:00 pm	Exercise/Activity break	
4:00 pm – 5:30 pm	Workshops Repeat	
5:30 pm – 6:30 pm	Free Time/Camp Programming	Optional Group Chat (45 minutes): Race, Culture and Cancer: Let's Talk About It
6:30 pm – 8:00pm	Dinner	
8:00 pm – End	Evening Social	

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Sunday, September 22, 2019

7:00 am – 8:00 am	Early Risers: Optional morning activity
8:00 am – 9:00 am	Breakfast
9:00 am – 9:45 am	Family Relationships
10:00 am – 11:30 am	Workshops Repeat
11:30 am – 12:15 pm	Journeying Together: Reflections on the weekend <i>1. Mental Health</i> <i>2. Survivor Guilt</i> <i>3. Race, Culture, Cancer</i> <i>4. Academic/Vocational Challenges</i> <i>5. Living with a physical disability</i> <i>6. Being “Just normal” – and being okay with that</i>
12:15 pm – 1:00 pm	Pack-Up <i>Pack up your things, say goodbye to your cabins and head to the Dining Hall for lunch and final goodbyes.</i>
1:00 pm – 2:00 pm	Lunch, Evaluation and Conference Wrap-Up
2:30 pm	Buses depart

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