

A Case for Support

Our Mission

The Virginia Thurston Healing Garden Cancer Support Center (The Healing Garden) is the premiere provider of integrative oncology care in Massachusetts, and the only provider offering cancer support programs immersed in 8 acres of serene woodlands and gardens. Our tranquil facility at 145 Bolton Road in the heart of Harvard, MA offers the optimal setting for fully immersive mind-body programs including support groups, expressive and integrative therapies, and individual counseling. For almost 20 years The Healing Garden's goal has been to optimize the quality of life for all those who are affected by cancer – men, women, and their caregivers – regardless of cancer type, prognosis, or financial ability to pay for services. The need for our services is evidenced by over 300 monthly client visits, including new intakes and clients who return for multiple services - many offered free of charge. In 2019 we served 300 households affected by cancer from 165 towns throughout Massachusetts.

Our Priority

Our priority is to offer access to integrative therapies, education and psychosocial support for people affected by cancer, and to secure funding to ensure that all clients, their caregivers and family members can access these services regardless of need. The Healing Garden is fortunate to work with a broadly skilled team of cancer care therapists who provide many services on a pro-bono basis, and use evidence-based, best practices for a range of treatments. Our professional staff also includes licensed social workers who provide supportive case management, guiding clients through the entire cancer continuum including help navigating through the labyrinth of the health care system.

A Case for Support

Studies have shown that medical intervention and integrative therapies are mutually beneficial in transforming the lives of those who are suffering from cancer. Dr. David Frank, Oncologist and researcher at Dana Farber Cancer Institute (and a member of our Advisory Board), recently reported that services such as those provided at The Healing Garden can create an environment in the body enhancing the efficacy of medical treatment. In the words of a recent client, "The medical community offers medicine, the Healing Garden offers hope. This team of dedicated people work to build up people who have lost their way, derailed by cancer. I have found their open, loving, compassionate mission invaluable as I find my way to a new life living with cancer." Accessing these mind-body services should not come as a financial hardship; for some, cancer comes along on top of life challenges like unemployment, single parenting, financial instability and more. Charitable contributions to The Healing Garden provide essential support to those affected by cancer and offer critical resources to those in need of healing.

Annual Support Makes Possible:

- Support Groups, offered free to all clients and their caregivers
- Case management services for clients navigating the health-care system
- One-on-one therapeutic services to relieve the side effects of disease and treatment such as pain, nausea and fatigue
- Access to comprehensive group workshops, education, and expressive therapies supporting the whole patient
- Movement and strengthening workshops to improve physical well-being
- One-on-one counseling services to help a client move through the grief and sense of loss from a cancer diagnosis

Total Annual Need: \$500,000



In the words of a client:

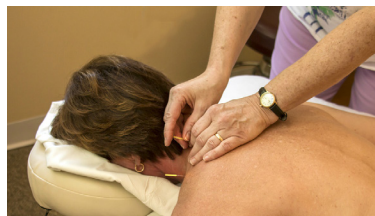
"A major cause of distress when I was first diagnosed was the financial impact of cancer. My husband was laid off from work (five children) between the ending of my chemotherapy treatment and the beginning of radiation. The medical community doesn't address financial terror, so the understanding at the Healing Garden that this was a significant issue was a huge help. There were times when I paid next to nothing and never sensed any judgment or "pity" from staff. Everything was handled with compassion."

The Healing Garden's mission is to improve quality of life and well-being for people with cancer. In a serene facility located on 8 acres of woodlands and gardens in Harvard, MA, we offer therapeutic support services, integrative care and wellness education to all people with cancer and their caregivers, regardless of diagnoses, gender, or financial barriers.



Cancer Support Groups

- Young Adult Support Group
- In-Treatment Support Group
- Post-Treatment Support Group
- Living with Metastatic Cancer
- Caregiver Support Group
- Bereavement Group



Individual Integrative Therapies

- Individual Counseling
- Acupuncture
- Oncology Massage/Manual Lymphatic Drainage/Scar Tissue Massage/Skin Care
- Reiki/Shiatsu
- Personal Training/Oncology Exercise/One-on-One Yoga
- Prepare for Surgery/Heal Faster
- Nutrition Education



Mind/Body Workshops

- **Exercise and Movement:** Yoga/Feldenkrais/QiGong
- **Mind-Body:** Mind-Body Sound Therapy/Guided Imagery
- **Education and Self-Care Classes:** Bemer Mat (Bio-Electro-Magnetic-Energy-Regulation)/Spiritual Book Club/Henna/Make-Up During Chemotherapy/Cooking Class/Self-Hypnosis/Sex & Cancer/Mindful Eating
- **Expressive Arts:** Writing for Wellness/Life Weavings/Positivity Boards/Mandalas/Clay Vessels of Nature/Flower Arranging/Meditation with Horses/Horticultural Therapy



Case Management

At the Healing Garden, a critically important piece of our clinical work with clients is their initial assessment of well-being by the Director of Integrative Care, in the areas of physical, social, emotional and spiritual distress. Our Director of Integrative Care is an oncology social work specialist providing counseling, education, advocacy, case management, patient-navigation and program development.

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