

WHO IS THE PROGRAM FOR?

The program is designed to be used by a variety of populations. It is:

For men undergoing treatment for cancer, and for cancer survivors.

For men seeking greater wellness and the prevention of cancer.

For men in transition seeking a new direction and purpose in life.



WHAT MEDICAL PROFESSIONALS SAY:

**Vanna M. Dest, APRN
Oncology Nurse Practitioner**

"The (DWW) program has significant value for adult cancer patients and their caregivers, as well as healthcare professionals. It is a therapeutic tool that promotes communication, self esteem, and creativity. But most importantly, it is an expressive tool, which can be extremely beneficial during a life changing event such as cancer."

**Deborah A. Del Vecchio-Scully, MS, LPC, NCC
Manager, Integrative Medicine Program**

"The process helps to improve coping and it facilitates creating a new sense of wholeness after being diagnosed with cancer."

The Sailing Ship Adventure is provided by Dances With Wood, Inc. DWW was founded in 1998 and is a non-profit organization that serves children and adults with cancer and other serious illnesses. DWW has served over 40,000 children and adults in 38 states.

**Building a
community
of men
who care.**



For it is in giving that we receive.

~Saint Francis of Assisi

**We invite donations to support
and grow our ability to
reach more men.**



For more information and to donate to *The Sailing Ship Adventure*, please contact:

Robert W. H. Wilkins "Woody"

Executive Director Phone: 860-669-5221

E-mail:

Woody@sailingshipadventure.org

Donations can also be mailed to:

Dances With Wood

80 Olde Orchard Road, Clinton, CT 06413

*Dances With Wood is a 501(c)(3)
Nonprofit Organization*

The Sailing Ship Adventure Program[™]

*A Wellness and Empowerment
Program for Men with Cancer*



*Helping men to reclaim purpose,
passion, and direction in their lives.*



A program of Dances With Wood:

*Twenty years of empowering and
inspiring children and adults with
cancer and other serious illnesses.*

WWW.SAILINGSHIPADVENTURE.ORG

WHAT DOES THE PROGRAM DO?

The Sailing Ship Adventure empowers and inspires men with cancer to reclaim the direction of their lives and rekindle purpose and passion for life.

The program provides men with a series of specifically designed processes and tools, including a journaling workbook that builds self-esteem and belief in their ability to heal and overcome cancer.



Provides a distraction from fear and negative thoughts.

Ship Metaphor

The ship metaphor provides a dynamic tool that communicates the importance of navigating through and beyond cancer toward the hopes and goals for a fulfilling life.



HOW THE PROGRAM WORKS

The program provides men with the opportunity to experience the transforming power of their own imagination and creativity through building a sailing ship.

The ship consists of pre-cut wooden pieces ready for assembly. No woodworking experience is required.



The ship has sails that will represent the hopes and goals of a fulfilling life.

1. **SPIRITUALITY/LOVE**
2. **PASSIONS AND INTERESTS**
3. **CAREER**
4. **HEALTH - EXERCISE & NUTRITION**
5. **HEALTH - EMOTIONAL**
6. **FAMILY**
7. **RELATIONSHIPS**

The program allows men to tailor these and add their own unique goals.

WHERE CAN THE PROGRAM BE USED?

The program is designed to be used in a variety of settings.

- HOSPITAL-BASED PROGRAMS**
- CLINIC-BASED PROGRAMS**
- HOME-BASED FAMILY PROGRAMS**
- DAY AND EVENING WORKSHOPS**
- PRIVATE COACHING SESSIONS**

HELPS HEAL AND PREVENT CANCER

The Sailing Ship Adventure is designed to create happy and positive emotions. It boosts self-confidence and self-esteem. Healthy emotions strengthen the immune system, and a strong immune system helps heal and prevent cancer.

LEADERSHIP TRAINING



Men who complete the program can participate in leadership training that prepares them to share and facilitate the program with other men undergoing treatment for cancer, or who are in transition.

