



# SMITH CENTER FOR HEALING AND THE ARTS

community. creativity. cancer support.

**1632 U Street, NW, Washington, DC 20009 | 202.483.8600 | [www.smithcenter.org](http://www.smithcenter.org)**

Founded in 1996, Smith Center for Healing and the Arts is a 501(c)3 nonprofit organization located in the heart of Washington, DC. Smith Center offers a variety of educational and creative resources and programs to enhance health and wholeness, with a special focus on serving those affected by cancer. Programs focus on cultivating each person's innate ability to heal, helping participants explore meaning and maintain hope—even in the face of life's greatest challenges.

**Now in its 15<sup>th</sup> year of service, Smith Center** (formerly known as Smith Farm Center) **has expanded its program offerings to serve more than 10,000 people each year in the DC community.**

All Smith Center programs are priced to be accessible and affordable to anyone who needs them, regardless of socio- or economic status. Scholarship and fellowship assistance is also available when needed.

## **Resources for Cancer Patients, Their Families & Medical Professionals**

For more than a decade, Smith Center has served the local cancer community through a unique combination of educational and creative programs, retreats, classes, and workshops that focus on engaging an individual's innate physical, mental, emotional and spiritual resources to achieve life-affirming change, hope and healing.

Smith Center's integrative cancer programs care for the whole person by providing emotional support, options for enhanced healthy living, and the guidance and wisdom of a renowned collection of medical professionals and health experts, cancer survivors, nutrition counselors, certified yoga and meditation instructors, artists, and more. Programs Include:

**Residential Cancer Retreats** - Smith Center offers week-long retreats at its retreats center in Comus, MD that are designed to foster physical, mental, emotional, and spiritual restoration for cancer patients and their families. Retreats provide empowering tools and knowledge in the context of community with others facing a cancer diagnosis and offer health-supportive activities such as gentle yoga, meditation, and small group discussions with experienced staff focusing on both practical and profound choices in healing, pain management, death and dying, expressive writing, and nutrition.

## **Cancer Supportive Classes and Workshops on U Street**

Each week, Smith Center presents a variety of programs, classes, and events designed specifically for people living with cancer and their caregivers at its U Street Center. Growing demand for Smith Center's programs led to the introduction of a variety of new programs in 2011, including classes that are geared to the general community. This growth also required the expansion of Smith Center's U Street location, which now features over 2,000 square feet of additional program space for workshops and classes, a state-of-the-art teaching kitchen for healthy cooking classes and demonstrations, and a courtyard and sculpture garden for quiet meditation. Programs at the U Street location vary each week but include:

- Cancer-specific diet, nutrition, and cooking classes
- Arts and creativity workshops
- Therapeutic yoga and stress reduction
- Living Well with Cancer One-Day Retreats
- Informative talks and workshops geared towards dealing with specific aspects of illness

**Young Adult Cancer Survivor (YACS) Meet-Ups** – YACS meet-ups at Smith Center’s U Street location bring together people in their 20s, 30s and early 40s that are living with cancer, as well as the caregivers and friends that support them. Meetings are comprised of survivors of all stages, including those who are newly diagnosed, currently in treatment or at any stage of post-treatment. The goal of YACS is to provide a forum for young adults to talk with one another, socialize and to be educated on topics specific to young adult needs – and more importantly, to let other YACS know that they are not alone.

## Cancer Work in the Local DC Community

### **Integrative Patient Navigation Services & Training**

Smith Center offers counseling and education services to improve access to care and enhance the treatment experience for people living with cancer - providing resources, information, and support to thousands of people each year in underserved communities. Since 2006, Smith Center’s Patient Navigation Program has reached over 10,000 people in DC’s most vulnerable communities, and has improved the quality of life for hundreds of patients – helping many to successfully complete cancer treatment.

Building on the traditional approach to patient navigation, Smith Center’s groundbreaking integrative model offers adults facing cancer (and their loved ones) comprehensive, holistic psychosocial support throughout the entire cancer experience, from diagnosis through treatment and into survivorship. This unique approach is shared in an Annual National Navigation Training in Integrative Cancer Care.

### **Hospital-Based Artist in Residence Programs**

Smith Center’s hospital-based artists-in-residence programs engage patients and clinical staff in creative activities to help promote the healing process through the visual arts, creative writing, storytelling, music, creative movement and more. Smith Center’s cadre of professional artists works daily to reduce stress and bring hope, humor and inspiration to thousands of patients at area hospitals, radiation centers, patient rooms and waiting areas.

### **Programs for the Whole Community**

While supporting the cancer community will always be at the heart of Smith Center’s work, the life-enhancing tools and techniques used in their legacy cancer care programs can be applied to health and wholeness for every member of the local community. Due to the recent expansion of its U Street space, Smith Center now offers a selection of health and wellness classes and workshops geared to the general public, in addition to the cancer-focused classes and workshops listed above. The following are examples of program offerings that are available to the whole community:

- Cooking and nutrition classes focused on various topics such as the principles of everyday eating, vegan cooking, and healthy alternatives for favorite dishes by popular DC chefs
- Writing and collage workshops for wellbeing
- Qiqong, restorative yoga, and meditation for stress reduction.
- Expert lectures on wellness and health topics

### **Joan Hisaoka Healing Arts Gallery**

The entrance to Smith Center’s U Street Community Center is the Joan Hisaoka Healing Arts Gallery, a nonprofit space that supports the mission of Smith Center for Healing and the Arts and is dedicated to promoting the understanding and utilization of the arts for healing. Exhibitions focus on meaningful topics of individual, community, and global importance.