

ANNUAL REPORT

Cancer Support, Education and Hope

2005/2006

OUR MISSION

To help people affected by cancer enhance their health and well-being through participation in a professional program of emotional support, education, and hope.

"The Wellness Community is a truly outstanding and cost-efficient organization offering a beacon of hope in our diligent fight against this dreaded disease."



In March 2006 I celebrated my five year anniversary of being breast cancer free!

It is especially meaningful because I work for Kaiser Walnut Creek Clinic as an Oncology Nurse.

Initially, I felt an obligation to participate in every cancer-related fundraiser, to make a difference. After years of raising funds for cancer organizations, I became curious about where and how these funds were being used. My research revealed the monies were not always being spent as I thought they should have been. I shifted my focus to local organizations where I could use a "hands on" approach to help and raise funds.

I am very proud to be affiliated with The Wellness Community. I love sharing the knowledge I've gained from this vital organization, recognized as the premier provider of psychosocial support services.

—Diana Longacre

During fiscal year October 2005 through September 2006, The Wellness Community served 1,409 individuals through 10,847 visits.

Our evidence-based services have been demonstrated to complement treatment, enhance recovery and improve quality of life for people with cancer. All of our services are free of charge to people affected by cancer.

- **14 weekly support groups (totaling 700 sessions)**

Support groups for cancer patients and family members are facilitated by professional therapists who specialize in psychosocial oncology issues.

- **14 monthly networking groups (totaling 192 sessions)**

Networking groups are designed for people with similar experiences, including breast cancer, colorectal cancer, prostate cancer, brain cancer, gynecologic/ovarian cancer, lung cancer, and for life after cancer. They are also facilitated by professional therapists who specialize in psychosocial oncology issues.

- **19 monthly mind/body/exercise classes (totaling 275 sessions)**

Mind-body and gentle exercise classes enable people with cancer to gain strength and stamina through the treatment and recovery process. These are led by experienced practitioners who have worked extensively with cancer survivors.

- **5 monthly Spanish language cancer support groups and 2 educational workshops (totaling 61 sessions)**

These services include underserved, monolingual Spanish-speaking people with any type of cancer, and are facilitated by bilingual, culturally fluent therapists and oncology experts.

- **10 educational series (totaling 132 sessions)**

Educational series are held weekly for 8-10 weeks to provide people with cancer and their caregivers in-depth strategies, tools and resources to cope with the experience of cancer and treatment. Facilitated by professional therapists and oncology experts, topics include Newly Diagnosed Breast Cancer, Return to Wellness, Mindfulness Meditation, and Compassionate Communication.

- **73 educational workshops**

Workshops are conducted by experts on a variety of topics such as nutrition, treatment advances and complementary therapies.

- **9 Kid's Circle/Teen Talk workshops**

Workshops and support groups are held monthly for children and teenagers whose parents have cancer. They enable children to cope with the experience of a parent through treatment and recovery. The parents are included in the workshops and separate support groups. These activities are facilitated by professional therapists who specialize in psychosocial oncology and family issues.

- **Social activities for participants, volunteers and friends**

A variety of social activities are held throughout the year to foster community and mutual support for people with cancer and their loved ones.



While my doctors and nurses take care of my physical

needs, my support group provides emotional strength. Cancer and cancer treatment can be so overwhelming that it takes over your life, but Wellness has taught me how to manage the stress and fear that inevitably comes up. Going to a weekly support group has enhanced my quality of life, without a doubt.

—Stacy Hartmann

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The Wellness Community San Francisco East Bay was founded in 1990. Since then, we have provided support, education and hope to thousands of individuals and families affected by cancer.

During the past year, we provided more services to more individuals than ever before. And we are needed now more than ever—as people are living longer and facing complex longer-term issues of survivorship.

As always, our focus is on community. We create opportunities to grow through the experience of cancer together. We are honored to join you—survivors, facilitators, caregivers, staff members, donors, family members, sponsors, volunteers, and other supporters—on this extraordinary journey.

With gratitude,



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REVENUE

Contributions

\$555,383

Individuals: \$171,912
Foundations: \$172,236
Corporations: \$180,881
In-Kind: \$30,354

Fundraising & Special Events

\$285,644

Consignment Shop

\$157,385

Other

\$76,574

Total Revenue \$1,074,986

EXPENSES

Programs & Activities

\$791,846

Management & General

\$92,622

Fundraising & Development

\$75,947

Total Expenses \$960,415

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I have been involved with The Wellness Community for several years, initially as a

participant in a support group. My first hand knowledge of the wonderful work done by TWC led me to join the Leadership Council. I continue to be impressed by the commitment and support members of the Leadership Council show in helping TWC fulfill its mission.

I am honored to be a member.

—Joellen Ademski

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