

A Journey of Courage and Hope

A Retreat for Women Living with Metastatic Breast Cancer and their Spouse/Partner

November 6-8, 2026 / Drakesboro, KY



Program

A Journey of Courage and Hope is a retreat designed for women living with metastatic (Stage IV) breast cancer and their spouse/partner. Confronting breast cancer can be a challenging undertaking for even the strongest relationships. Dealing with the chronic nature of Stage IV breast cancer requires endurance, hope, support, and sharing.

This program provides an opportunity for couples to experience individual and mutual healing and renewal. They will share their journey with others on a similar path. Ideas will be exchanged about the challenges and struggles as well as ways of coping and finding hope in the present. The program is a time for respite, reflection, and sharing.

This is a facilitated program* that offers time for discussion and planned activities. The focus is on the personal journey of women and their spouse/partner. To ensure time for both discussion and personal reflection, the program agenda will take place over several days.

*This program requires both the patient and their spouse/partner attend all sessions.

Facilitators

Johns Hopkins Metastatic Breast Cancer Retreat Facilitators:



Lillie D. Shockney
RN, BS, MAS, ONN-CG
University Distinguished
Service Professor of
Breast Cancer

Judy Matthews

Team Lead for the
Breast Cancer
Volunteer Team



Location and Schedule

- Carrie Lyn's Cabin retreat center
- Drakesboro, KY
- Check-in Friday starting at 3:00 pm/Dinner at 6:00 pm
- Retreat ends Sunday at 3:00 pm

Registration

- Attendance is limited to 8 couples. This free retreat includes meals and 2 nights lodging.
- Questions? Email us at programs@nbcf.org
- Ready to sign up? [REGISTER HERE](#) (or scan QR code):



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This wonderful retreat for couples was so much more than we expected. Last night I went to sleep with such peace inside that I haven't experienced in many years.

ELSA

Speaking about living with stage IV breast cancer

“

We are going home knowing that we are not alone in this journey.

JOSE

Husband of Elsa

