



Saturday, November 3<sup>rd</sup> to Monday, November 5<sup>th</sup>

## The Story of Pink Pearl

Pink Pearl is a for purpose organization that brings together young women who are affected by cancer through a network of innovative programs, peer-support and an online community.

The concept of Pink Pearl was developed by Elise Gasbarrino, a young woman who was diagnosed with ovarian cancer during her final year of university. While going through treatment, she felt there was a certain element missing and it couldn't come from a medical doctor, a pill or inside the hospital, a connection with other women her own age, facing the same issues, and conquering them together. From this realization she created Pink Pearl - a community-oriented organization that provides support, facilitates connections and empowers young women across Canada who are courageously overcoming the social and emotional challenges of being diagnosed with cancer.

Pink Pearl celebrates individuality, life and everyone's inner sparkle.

Our retreats focus on taking care of the whole person through activity and open dialogue in a safe and supportive environment. Together we are building a support network for women across Ontario affected by cancer.

Looking to the future Pink Pearl is excited to continue offering its annual retreats, annual fundraiser, and many more new initiatives.



# Our Organizers

*Elise Gasbarrino* is a Brand Manager at Burberry in New York City. She was diagnosed with ovarian cancer at the age of 21. At the time she noticed there was no support programs that just focused on women's issues targeted at her age group. It is her wish to create such programming to help women that find themselves in a similar position.

*Melaina Gasbarrino* is Elise's sister and founder of SALT to TREE, a wellness and design company. She teaches yoga, develops branding and social media strategies for small companies and educates others on how to live simply with our Earth. She is the Programs and Communications Manager for Pink Pearl and is continually in awe as to all the brilliant women she meets through our programs.

Stephanie LaFratta is the Logistics Coordinator and a close childhood friend of Elise & Melaina, and has been with Pink Pearl since its onset. She works in the Community & Health Department at Niagara College and has been involved with a variety of non-profit organizations within her community.

*Ashley Mikitze* is the Retreat Program Coordinator for Pink Pearl, a community organizer, social worker, camp counsellor and a childhood cancer survivor. She currently works at Juravinski Hospital in Hamilton as a social worker on C3, with patients living with cancer and GI challenges. She's interested in taking typically clinical topics and talking about them in ways that are more accessible and less diagnostic.

*Dory Kashin* is an Event Planner working with the association/not for profit sector. She was diagnosed with breast cancer at 29 years old. During the year of active treatment Dory was looking for support and Pink Pearl became a huge resource where she met other women just going through a similar cancer journey. Dory got involved with the programs committee to help create invaluable event/retreat experiences for other women like herself.

*Emily Piercell* was diagnosed with breast cancer at 27 years old a couple of months after she graduated from law school. During and after her treatment she was craving conversation and support from women going through a similar experience as her but no one at appointments or support groups were close to her age. But then she found Pink Pearl Foundation and met so many incredible women. Now, about 2 years post active treatment, Emily volunteers with the organization on the Programs Committee which has been fulfilling for her to give back to an organization that supported her throughout her treatment.

# Logistics

**Queen's Landing**  
155 Byron Street  
Niagara-on-the-Lake, ON

November 3 – 5<sup>th</sup>, 2018

Overlooking the Niagara River, Queen's Landing is an idyllic hotel just steps away from the heart of Old Town. This Neo-classical hotel combines contemporary amenities with old world elegance to delight guests with a taste for sophistication, without sacrificing comfort.

## What to Bring

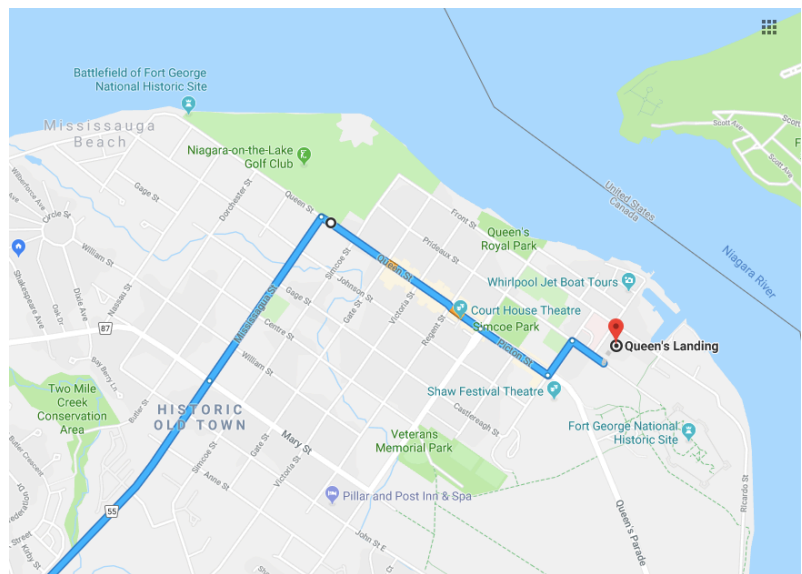
Most importantly we want you to bring a smile, and an open heart! We will be staying overnight for 2-nights, so please pack an overnight bag.

## What to Wear

We want you to be comfortable for this 2-night retreat. Since you will be participating in a walk/yoga/zumba, we ask that you dress so you are able to participate in these activities (sweatpants and running shoes are completely acceptable to us!)

## Directions

From Toronto/Hamilton:  
Take the QEW toward Niagara  
Take Glendale Ave North Exit  
Left onto York Rd  
Right onto Airport Rd  
Right onto Niagara Stone Rd  
Right onto Queen St  
Continue onto Picton St  
Left onto Wellington St  
Right onto Byron Street  
Queen's Landing will be on the left



# Agenda

Intended for women at any stage of cancer treatment interested in further developing their overall wellness.

**Please note: This retreat is more informational than conversational. It is not a challenge-by-choice retreat, you must fully participate in all aspects of the retreat and feel well enough to participate in low intensity activities.**

## Saturday

9:30 – 10:00	Registration
10:00 – 11:00	SESSION 1: Good For the Soul: Welcome Circle & Intentions
11:00 – 12:30	SESSION 2: Healthy Eating with a Dr. Melissa Piercell, Naturopathic Doctor
12:30 – 1:30	Lunch
1:30 – 3:00	SESSION 3: Chatting with a Sex Therapist, Adrienne Bairstow
3:00 – 3:30	Break/Check-In
3:30 – 4:30	SESSION 4: Pilates with Stephanie from Encore
4:30 – 6:00	Free Time
6:00 – 7:30	Dinner at Orzo
7:30 – 8:30	SESSION 5: Sound Healing & Group Reiki with Melaina

## Sunday

8:15 – 9:15	SESSION 6: Sunrise Yoga with Melaina
9:30 – 10:30	Breakfast
10:00 – 11:30	SESSION 7: Oncologist: What did cancer do to my body?
11:30 – 12:00	SESSION 8: Ambassadors Discussion
12:00 – 1:00	Lunch
1:00 – 4:00	SESSION 9: My Story & Photo shoot: Sharing your story through writing/drawing accompanied by individual photo shoots with Natashica.
4:00 – 4:30	SESSION 10: Walk
4:30 – 5:00	SESSION 11: Programs Discussion
5:00 – 6:30	SESSION 12: Scanxiety: Thoughts on how to cope and manage anxiety that remains years after treatment ends
6:30 – 7:30	Free Time
7:30 – 9:00	Dinner at Niagara's Finest Thai
9:00 – Onward	Hangout/Evening Tea

## Monday

8:30 – 9:30	Breakfast
9:30 – 11:00	SESSION 11: Herbal Remedies with Taylor
11:00 – 12:00	SESSION 12: Closing Circle & Mood Boards
12:00 – 12:30	Wrap up and Feedback
12:30 – Onward	Optional Activity

Please note, the agenda is subject to change.

As requested, we will be handing out feedback forms at the end of each day.

# Important Information

**Roommate:** We find the best moments are when you can create connections with other women facing cancer. Double occupancy is mandatory at our Retreats, and a roommate will be assigned to you. Please note if at any point during the Retreat you are having issues with your roommate, please inform the Retreat team ASAP.

If for some reason you do not want to share a room, please note this is only applicable in certain situations, is subject to room availability and must be stated on your application. You will be responsible for the cost difference of the room rate.

**Attendance:** It is expected that everyone stays until 12:30 on Monday. If there is another commitment you need to be at on Monday morning please let us know. We are a charitable organization where 100% of dollars raised goes towards programs, and we want to ensure that cancellations are at a minimum. If at any point you find out you are no longer able to attend because of a medical reason/emergency, please contact us at [rsvp@pinkpearl.org](mailto:rsvp@pinkpearl.org). By letting us know early on, you're opening up a spot for another woman to attend.

**Age:** Our Retreats are open to women ages 18-40.

**Guests:** Our Retreats are a time for you to get away from normal life, and are intended for those who have confirmed registration. If for some reason you need to have a caregiver attend for medical reasons, they are unable to be apart of our programs and must cover their own costs during the duration of their stay. This will not be arranged by Pink Pearl, and you must state on your application that this is the case.

**Transportation:** You must arrange your own method of transportation. If you want to carpool ask us to be added to the Private Facebook Group where you can arrange a ride with other women attending the Retreat.

**Please note, as we do not cover the costs of transportation, if you are driving to the Retreat, you are responsible for covering all parking costs.**

## Miscellaneous:

- No medical professional will be on-site at the Retreat
- There will be a lot of sitting, so please feel free to move around and stretch

# Important Information

**Check-Out:** Please kindly check-out of your room prior to coming down for the first program on the last day.

**Additional Costs:** Accommodations, meals, non-alcoholic beverages and conference fees are included during your time at our Retreats. Additional costs incurred by participants will be the responsibility of the participant (ex. Room service, in-room movies, damages to room, alcoholic beverages, etc)

**Participation:** Participants are to attend all planned activities during a retreat, if they are not feeling well, they should inform a Retreat Coordinator, who will notify the VP of Programs.

**External Speakers:** As part of the retreat, external speakers may be invited to facilitate sessions or do presentations. Pink Pearl will not provide external speakers with contact details of participants, however, the speaker may ask participants to voluntarily provide contact details and must inform participants the purpose for collecting such information.

**Confidentiality:** Everything discussed will remain confidential on the part of Pink Pearl and we ask the same of participants. The Retreat Coordinator will ensure that personal information of participants is only used in the context of programming activities and is not given out to other volunteers, etc. If you have selected "Yes" to connect with your roommate, we will provide them with your name and email address, and no other information.

**Concerns/Complaints:** Any complaints prior to, during or after the retreat should be communicated to the VP of Programs and will be attempted to be resolved in a time sensitive manner. If the issue is not resolved, then it should be brought to the attention of the executive team.

**General Note:** At the conclusion of a retreat, all participants will be asked to complete a confidential evaluation form. Confidential results will be internally posted within 2 weeks of the retreat. After the retreat, participants will be sent a thank you email and encouraged to join subsequent programs/events. If participants do not wish to learn about further programs, they will inform Pink Pearl directly via email at [programs@pinkpearlfoundation.org](mailto:programs@pinkpearlfoundation.org).

# Important Information

<b>Section: Programs and Services</b>	<b>Lead: VP, Programming</b>	<b>Last Revised: June 2016</b>
<p><b>Policy:</b> The safety of participants is a primary concern for Pink Pearl and requires strict adherence by volunteers and participants at all times.</p>		
<p><b>Procedure:</b></p> <ol style="list-style-type: none"> <li>1. Participants will be provided with the “Participant Code of Conduct” prior to the retreat, and will be asked to sign the form upon arrival. Failure to comply will result in a verbal warning, suspension, and if non-compliant, dismissal from our programs.</li> <li>2. Only registered program participants, and volunteers will be permitted in the areas of the property our programs/events are being held during program/event hours. We ask caregivers, parents, etc to respect this policy.</li> <li>3. Pink Pearl has a zero tolerance rule for physical abuse.</li> <li>4. Pink Pearl has a zero tolerance rule for mental abuse. If a participant/volunteer physically or mentally abuses another participant/volunteer, they will be asked to leave the grounds immediately.</li> <li>5. Pink Pearl does not discriminate against race, ethnicity, sexual orientation or religion.</li> <li>6. Pink Pearl will endeavor to be aware of the allergies of all participants and will communicate allergies to the retreat venue/restaurant. Ultimately it will be the responsibility of each participant to ensure they inform the restaurant during meals.</li> <li>7. The VP, Programming will be contactable throughout the entire program via a cell-phone. This number will be made available to all participants.</li> <li>8. If a participant sustains an illness or injury at a program, we will follow the appropriate course of action, which may include:             <ol style="list-style-type: none"> <li>8.8.1. A phone-call to a caregiver during the day to report the incident.</li> <li>8.8.2. A completed incident report sheet</li> <li>8.8.3. If needed, calling emergency contact to pick up the participant.</li> <li>8.8.4 Ensuring that at a minimum one Pink Pearl volunteer is First Aid Certified.</li> <li>8.8.5 Ensuring that a basic First Aid Treatment box is on the premise.</li> <li>8.8.6 Calling EMS to transport the participant to the appropriate health care facility.</li> <li>8.8.7. Pink Pearl will not administer any medication to participants.</li> </ol> </li> <li>8. In the event of a fire, Pink Pearl will follow the protocol of the venue. Once at the safety meeting point, a Pink Pearl volunteer will conduct an attendance check.</li> <li>9. In the event of a natural disaster, Pink Pearl will follow the protocol of the venue. Once at the safety meeting point, a Pink Pearl volunteer will conduct an attendance check.</li> </ol>		

