



CHESAPEAKE CITY, MD



LUMS POND STATE PARK, BEAR, DE

“We stood silently soaking in every ray of breathtaking sunset on the water's edge together, awestruck by its beauty and significance and fully aware it's more precious when shared together.”

“Having the opportunity to meet other breast cancer survivors in a non-clinical setting helps to take some of the pressure off. There's a lot of camaraderie and support while enjoying outdoor activities and learning about nature.”

“I gained both peace and strength from observing life through nature, it gives you a wonderful reassurance that nature is a cycle, and proof that life and nature do go on in a beautiful way.”

“I have always enjoyed the beauty and calming effects of nature. Having the opportunity to share that feeling in the company of fellow breast cancer survivors is wonderful, and then to learn so much information in a fun and interesting way on top of it all is great!”

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[www.debreastcancer.org](http://www.debreastcancer.org)



The mission of the Delaware Breast Cancer Coalition, Inc. is to empower our community by raising awareness of breast health issues through support services, outreach, and education in order to facilitate early detection and treatment of breast cancer.

The vision of the agency create a community where every person diagnosed with breast cancer is a survivor, and fear and doubt are replaced with knowledge and hope.

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*Experience Nature with Breast Cancer Survivors*





Nurture with Nature is a program unique to the Delaware Breast Cancer Coalition (DBCC). The program series allows breast cancer survivors to come together to be nurtured and healed by experiencing the power, beauty, and serenity of nature.

Outings occur approximately once a month throughout all of Delaware and the tri-state area. Nurture with Nature outings include hiking, kayaking, biking, horseback riding, star gazing, or simply walking through a forest or along a beach.

The great outdoors provides a nurturing backdrop for camaraderie and support, providing a fun way for survivors to connect and relieve stress.




LONGWOOD GARDENS, PA

WILLEY FARMS, TOWNESEND, DE



## ***Nurture with Nature provides you with the opportunity to:***

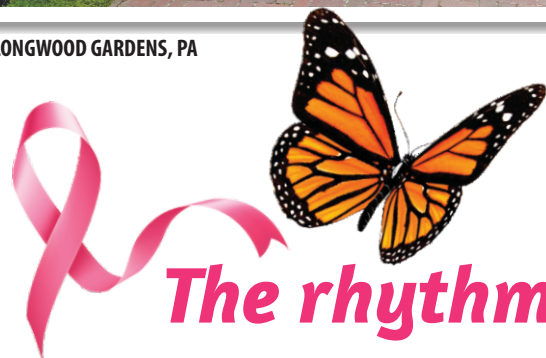
-  Experience the power and joy of quiet observations to improve the healing process leading to better health.
-  Allow Nature's quiet learning experiences to change your focus from fear to hope and empowerment.
-  Share triumphs and setbacks with other breast cancer survivors.
-  Offer and receive support and encouragement while discussing health issues, treatments, family needs and personal experiences.
-  Visit the many Parks, Nature Centers, Wildlife Refuges and Gardens to enjoy nature's healing qualities.
-  Encourage new experiences through friendship and healing.

JACK MARKEL BIKE TRAIL, WILMINGTON, DE



WILMINGTON & WESTERN RAILROAD, WILMINGTON, DE

Nurture with Nature began when Deloris Donnelly, a DBCC Peer Mentor and Naturalist, offered support to breast cancer survivors in nature's classroom. She partnered with DBCC to establish a program that would take women out of meeting rooms and into the great outdoors, which is unique as compared to the traditional support group setting.



***The rhythms of nature can be restorative and healing.***