

partners *in* healing

A 1-DAY RETREAT FOR COUPLES

The health challenge of one individual in a relationship affects both people, each in their own unique ways. Yet, both share the common challenges of honouring their own needs, supporting each other as best they can, and nurturing the quality of their relationship.

This one-day retreat is an opportunity for partners, carers, friends and loved ones in a relationship touched by illness—whether physical, emotional, or spiritual—to gain new insights into how they can navigate these challenges together. Through guided experiences with others as well as one-on-one explorations, you can come away with new insights into yourself and the person with whom you're sharing this experience—and how you can have peace and connection along your healing journey together. ✨

SAT, 10 MAY 2025 | 10AM - 4PM

Facilitator William Collinge, PhD, is a researcher, author and consultant in the field of integrative healthcare, with extensive experience working with people with cancer, dementia, fibromyalgia, chronic fatigue syndrome, HIV/AIDS and other conditions, as well as their carers.

Supporting the facilitation of this workshop will be William's wife, Maggie Donahue, MS, who brings over 30 years of experience as a massage therapist and educator, including her work with the Touch, Caring & Cancer program and other caregiver education initiatives. Maggie will be joined by Eleanor Oyston, a long-time Quest for Life facilitator and founder of an international training program that equips massage therapists to work safely and effectively with people living with cancer. Also supporting the workshop will be Eleanor's husband, Chris, who previously served as a Senior Support team member in Quest's programs for people with cancer.

What you will gain from this workshop:

- Deepen compassion for your loved one and yourself
- Practical strategies to shore up daily support
- Insights from others facing similar challenges
- The power of gratitude and appreciation in your relationship
- Ability to communicate more clearly with your loved one about needs and feelings
- Renew your sense of partnership in navigating the journey of illness



FINANCIAL HELP AVAILABLE TO ATTEND OUR PROGRAMS

The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.

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