Objectives: Offer community support to underserved single mothers with mBC and their children. Educate patients on the disease and teach them how to advocate themselves. Provide healing time through art therapy and creative activities they would not necessarily have access to without the program.

Unmet needs addressed:
- Lack of financial and emotional support for single mothers with mBC
- Poor understanding of the mBC diagnosis
- Limited opportunity for children of single mothers with mBC to engage in activities with other children in a similar situation

Key components:
- Time with a licensed social worker/therapist specialized in oncology support (mothers)
- Creative art therapy with a professional art therapist (children)
- Breakfast & lunch and a $100 grocery card to take away to help them get through the month until the next retreat

Challenges: The pandemic prevented opening a Retreat House, so community centres were used instead

Outcomes: Families who were part of the first retreat are returning for a second event, alongside additional families. The women value the support group aspect, as they cannot afford to see a therapist, and this therapist specializes in family grief/oncology

Development: The initiative was developed with social workers at the healthcare organisations in the state of Connecticut along with oncology family therapists, art therapists, and grief support therapists

Cost: <€5,000

Timeline: Launched on October 3rd 2021; to run once a month during Covid-19 and twice per month in the future

Targeted to reach: 60-150 underserved single mothers with mBC