

“Persons exist on many levels—physical, psychological and spiritual—and none of these can be reduced to any other. To move successfully toward health, all must be treated.”

—Author and psychologist
Lawrence LeShan, Ph.D.

MOVING INTO HOPE.

With a diagnosis of cancer, life will never be the same. At the same time, this challenge offers a profound opportunity for transformation and change.

Research supports Pathways belief that emotional health contributes to physical well-being and may alter the course of the disease.

At Pathways, we can help you process feelings of guilt, fear, anger and grief; evaluate your personal goals and move forward into a place of optimism and hope.

HEALING THE WHOLE PERSON.

Pathways offers a core program—Healing Pathways—led by professionals who are trained in the relationship between emotional states and physical health. Group members learn how to enhance healing through art therapy, journal writing, guided imagery, story-telling, yoga, and other means to self-expression.

Pathways complements medical treatments with the best of supportive psychological therapies. Through this interwoven work, participants develop new attitudes toward their illness and the opportunity for transformative change it represents.

Our mission at Pathways

We work to improve and extend life for people living with cancer. Through counseling, education, and compassionate support, our participants find strength, hope, and healing.

ON-GOING PROGRAMS AND WORKSHOPS.

We welcome you to join us for any of the following:

- Individual and group counseling for patients and caregivers
- Regularly scheduled support groups, including Coping with Illness, Healing Pathways and Prostate Cancer
- Relaxation and emotional expression sessions
- Seminars on nutrition, exercise and wellness
- Stress-reduction workshops in churches, work places and physicians offices
- An accessible library of books and materials helpful to persons living with cancer

Please call 828 252 4106 for information.

*You're suddenly dropped
by parachute
into a foreign country*

without knowledge of the language,

without friends or money, and

with no control over what

might happen.

—A PATHWAYS
PARTICIPANT,
DESCRIBING WHAT A CANCER
DIAGNOSIS FEELS LIKE.



DR. RATHBUN'S LEGACY.

Pathways-Life After Cancer was born in 1977 when Dr. Lewis Rathbun, an Asheville physician, observed that patient attitudes could have a remarkable effect on recovery from illness.

Since then we have served thousands of cancer patients and their families throughout Western North Carolina. Thanks to the generosity of many caring individuals and organizations, we continue to make a difference.

Our group members comment that weekly groups provide the sacred space needed to resolve emotional fall-out and move on into new stages of life.

— PATHWAYS CLINICAL DIRECTOR
SHIRLEY TAFFEL, PH.D.

HOW TO FIND US.

We are located at 121 Sherwood Road in Asheville's Kenilworth neighborhood in a tranquil, forested setting away from medical environments.

For information, please call 828-252-4106 or visit www.pathways-lifeaftercancer.org.



Just to confirm:

THERE IS LIFE AFTER CANCER



Welcome to Pathways.

