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## FAQ – Frequently Asked Questions

### ***What is Harmony Hill?***

Harmony Hill is a nonprofit 501(c)3 retreat and small conference center on the south shore of the Hood Canal in western Washington state. We are known for our cancer and wellness programs; we also offer day and overnight rentals for groups and businesses.

### ***What is Harmony Hill's mission?***

- Harmony Hill's mission is to improve the quality of life for those affected by cancer, providing support and resources that inspire renewal. We fulfill our mission by providing our facilities as a retreat center for groups of all kinds, offering generous hospitality and excellent service in a spectacular natural setting.
- The mission of the Harmony Hill Cancer Program is to help people find support, meaning, and creative coping strategies while facing the challenges of cancer.

### ***What does Harmony Hill do?***

- The Harmony Hill Cancer Program is for those living with cancer and their loved ones
- We also offer programs for anyone seeking wellness and renewal
- We provide facility rentals to businesses, nonprofits, and community groups. Income from these programs helps to support the Cancer Program.

### ***Who can come to Harmony Hill?***

- Anyone is welcome. People from Washington state (primarily the Puget Sound area), and from as far as Texas, New York, Florida, China, and Israel have come to Harmony Hill.
- Cancer programs serve people living with cancer, and cancer survivors, of all stages and types of cancer, and all walks of life. Cancer program participants have ranged from ages 19 – 87. Many programs also include caregivers and loved ones of those with cancer.
- Specialized cancer programs are available for those with breast cancer, women, survivors and Hill cancer program graduates.
- Yoga, Labyrinth, Gardening workshops and other wellness programs are open to all adults.
- Groups renting the facility include businesses, civic, educational and community groups, nonprofits, government organizations, families, wedding parties, and faith groups.

### ***How many people can Harmony Hill accommodate?***

- Overnight: we can accommodate 31 overnight guests in shared rooms (2 people per room).
- Day: We can accommodate 10-120 guests for day use groups, including conferences, musical concerts, community events, weddings, business meetings, yoga/movement workshops and more.
- Cancer Program: The program serves up to 20 people per three-day retreat, and up to 30 people for one-day workshops. Advanced registration required, all no-cost.

### ***How long has Harmony Hill been around?***

- Harmony Hill started in 1986. 2006 was our 20<sup>th</sup> anniversary celebration.
- We've been providing cancer programs since 1994. Our 100<sup>th</sup> 3-day cancer retreat is in Sept. 2008.

## ***How many people come to Harmony Hill?***

- Over 900 people have been served in over 98 three-day cancer retreats to date. A total of 1,470 served in 136 total cancer programs (3-day and 1-day) since we started in 1994.
- In 2007, 4,500 people were served at Harmony Hill, with 292 attending cancer programs.

## ***Tell me more about Harmony Hill's Cancer Program.***

- Our cancer retreats and workshops help people find support, meaning, and creative coping strategies while facing the challenges of cancer. They're designed to serve as supportive adjuncts to conventional treatment, offering experiences and education to help individuals explore the issues, choices, feelings and concerns associated with a cancer diagnosis.
- The Cancer Program includes three components: three-day residential retreats; one-day "Tools for the Journey" workshops for those waiting to attend a full retreat or interested in a one-day program; and "Thriving Beyond Cancer" workshops for those who have attended a cancer retreat and other cancer survivors.
- The Cancer Program is offered at no cost to participants. Spouses or companions may also attend selected programs.
- The number of people participating in the Harmony Hill Cancer Program has more than doubled in the past three years. 150 people attended cancer programs in 2004; 262 attended in 2005, 297 attended in 2006 and 292 in 2007.

## ***What makes the Harmony Hill Cancer Program different from others?***

- Harmony Hill is the only program in Pacific Northwest that offers cancer programs in a retreat setting.
- Our cancer program is modeled after Commonweal, the pioneer of cancer retreat programs, in Bolinas, California.

## ***What are Harmony Hill's plans for growth? Dreams for the future?***

- We finished construction of our BuiltGreen™ **Creekside Lodge** in July 2005, expanding our overnight capacity to 31.
- We finished construction of our BuiltGreen™ **Elmer and Katharine Nordstrom Great Hall** in September 2006, a new multipurpose building and conference center designed to accommodate large groups, conferences, concerts, movement classes and workshops.
- We have thus increased overnight capacity to 31 and day capacity to 170.

## ***How can I support Harmony Hill?***

- Schedule a one-day or overnight group retreat for your business or other group. Income from our facility rentals helps support our cancer programs, so please let your workplace and friends know about Harmony Hill. Facility rental information is at our Web site, [www.harmonyhill.org](http://www.harmonyhill.org).
- Register for one of our Yoga or Labyrinth retreats.
- Spend some time as a volunteer. We use volunteers to help out in the gardens and administrative office, and to assist with special events and projects.
- Donate an item on our in-kind Wish List.
- Tell a friend, your doctor, your community group, your organization's meeting planner about Harmony Hill's programs, and facility rentals. To obtain brochures for lobbies and other distribution points, contact [anna@harmonyhill.org](mailto:anna@harmonyhill.org).
- Make a tax-deductible contribution. Your gifts help us offer our life-affirming cancer retreats at no cost to participants.
- Arrange contributions through employer matching gifts programs, or through United Way donations designated for Harmony Hill.
- Set up an endowment or bequest.
- Specify Harmony Hill as beneficiary for a special fundraiser or cancer walk.

Please visit online at [www.harmonyhill.org](http://www.harmonyhill.org)