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Momcology

October Newsletter

A Fall Focus on Momcology Retreats

As October begins, we're reminded of the importance of women's health and the need for intentional spaces where caregivers can reconnect with their own well-being. For women parenting a child with cancer, that need is often overlooked. That's why this month, we're sharing Momcology's flagship retreat program was created to gently shift that balance, giving mothers time to breathe, reflect and focus on themselves. This month we look back on our 2026 Momcology Retreats and the women, moments and experiences that make each weekend so special.

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Three Retreats | Three Locations | Countless Connections

Momcology Retreats have become one of the most requested programs in our community. In 2026, nearly 300 caregivers applied for approximately 100 available spots, demonstrating both the need for this kind of support programming and the challenge of meeting that need as our community continues to grow.

From the Texas Hill Country to the Redwoods of California and the mountains of Maryland, each 2026 Momcology Retreat offered a unique setting. We welcomed women from every stage of the childhood cancer experience from newly diagnosed and active treatment to survivorship and bereavement. Across all three weekends, moms challenged themselves, laughed, cried and created memories together. While each retreat looked a little different, each offered opportunities for connection, support and rest, as well as, planned activities and the freedom to lead both grief and joy in the comfort of shared experience.

Retreats By the Numbers

Behind every number is a mom who made the brave decision to make a decision to make time for her own healing as she cares for her child(ren) and family.

In 2026, 101 women from 27 states and Canada came together for three retreat weekends made possible by volunteers and sponsors committed to caregiver well-being.

The numbers tell us how far the community reaches. The relationships formed tell us why it matters.

Retreat Reflections | Designed With Purpose

A Momcology Retreat is much more than a weekend away.

The Momcology Retreat curriculum has been developed by Greg Hedler, licensed therapist and founder of Momcology, alongside our retreat leads, who have collectively over years of retreats, creating a thoughtful, progression of group sessions, guided reflection and shared experiences designed specifically for mothers navigating childhood cancer.

The foundation is complemented by restorative and creative experiences such as massage, yoga, sound bath, Reiki, guided cold plunge and art therapy. Each element is intentionally incorporated into the weekend, creating different ways for our retreat community to engage, process and care for themselves.

Greg is joined by a retreat team that includes Momcology volunteers and fellow cancer moms, bringing both professional expertise and lived experience to each retreat weekend.

The reflections below offer a glimpse into what that work can mean for the women who experience it.

Before the trip, my mind was full of anxiety. Should I go? Would it be too much? Would I be able to relax? By the moment I met Jen at the airport, I knew I was in the right place. I knew this was going to be more than a retreat. It was exactly where I needed to be.

Each of us had our own story, our own journey, but we were all walking the same path. We shared our struggles, our fears, our hopes, and we did it with laughter, with tears, surrounding it together.

TONI, WHO'LL'S MOM | CHEMO T
2026 Texas Hill Country Retreat

We were given the space to be ourselves, to be vulnerable, and to learn coping mechanisms to heal. I left feeling lighter, stronger, and with another cancer mom we understand.

I'm deeply grateful for this weekend and for the women who made it what it was and for grief I will hold. The difficult moments, the laughter, the tears, and the bonds that grief memories along the way.

VANESA, CELIA'S MOM
2026 California Retreat

The theme of the retreat, Still Whole, gave me an opportunity to ask for me again. Not mother, daughter, or wife, but me. Being with other moms who understand in my own words: authentic, good, and messy.

APRIL, LIAM'S MOM
2026 Maryland Retreat

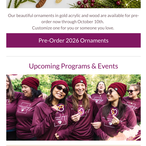
Possibility through Partnership

From the moment an attendee arrives, the Momcology Retreat experience is provided at no cost to her.

Lodging, healthy curated meals, curriculum and group sessions, wellness and creative activities, gifts and the special touches moms deserve. It's all intentional and all included. Removing the financial responsibility allows each participant to arrive knowing that, for the duration of the retreat, everything has been thoughtfully taken care of.

This is all made possible because of sponsors and partners who recognize that supporting children with cancer also means investing in the well-being of those who care for them. Their support allows Momcology to create a meaningful, restorative caregiver experience without placing an additional financial burden on families.

2026 Corporate Retreat Sponsors



Collaboration allows organizations with different strengths, resources and perspectives to accomplish more together than any one organization could alone. We are grateful for nonprofit partners who share our commitment to meeting families where they are and expanding the ways they are cared for throughout the childhood cancer experience.

From Retreat Mom to Retreat Sponsor

Support for Momcology Retreats also comes from within our own community. In 2026, two retreats were supported by individual donors, including one former retreat attendee. Their generosity reflects the many ways people can help make these retreats possible for other moms.

For Christina Sherman, her support grew directly from her own retreat experience. After attending the 2026 Texas Bereaved Parent Retreat, she chose to honor the memory of her son and daughter Addie's memory by co-sponsoring a Momcology Retreat in 2027.

"There is something incredibly powerful and humbling about being surrounded by women who truly understand. Not having to explain why you're overwhelmed, why you're grieving, why you're still standing. I had the gift of serving Addie, hosting those retreats, and I wanted to find a way to keep that feeling and extending it in a way that only comes from being with other moms who've walked through the fire. Supporting the community with the experience I had..."
CHRISTINA O'CONNOR, DONOR'S MOM
Co-sponsor of the 2027 Texas Bereaved Parent Retreat

Support Momcology Retreats

Looking Ahead to 2027 Retreats

Our planning is already underway!

Spring | Minnesota
Summer | Maryland
Winter | Texas
One additional location will be announced

Momcology Retreats will reach even more women in 2027. Watch for retreat dates and registration details in the months ahead.

Learn More

Contact Momcology's Retreat Program

2026 Annual Ornaments

Our beautiful ornaments in gold acrylic and wood are available for pre-order now through October 16th.
Customize one for you or someone you love.

Pre-Order 2026 Ornaments

Upcoming Programs & Events

October 6 @ 7:00 pm Eastern
Dadcology | Fireside Chat

October 10 @ 10:00 am Eastern
Community Coffee Break | Weekend Virtual

October 10 @ 10:00 am Eastern
IN PERSON Community Coffee Break | Columbia, MD

October 15 @ 7:00 pm Eastern
Nightcap | Bereaved Parent Support

October 17 @ 11:00 am Eastern
Dadcology | Fireside Chat

October 19 @ 6:00 pm Eastern
Connections | Cohen Children's Medical Center

October 21 @ 10:00 am Eastern
Community Coffee Break | Monday Virtual

Register & Find More Momcology Events

Different places. Different stories.
One community.

Momcology

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