Cancer Support Calendar

Summer 2013 Edition: June — August

Contents

- Classes and Workshops
- Support Groups and Gatherings
- Services
- Addresses and Phone Numbers

Many cancer patients describe diagnosis, treatment and survivorship as a journey. At times, this journey can be confusing and overwhelming. With UNC Cancer Care, you are not alone. Support groups, social gatherings and educational opportunities for patients and their families are just some of the ways that we are here to support you.

Most of the programs in this calendar were started by a UNC Cancer Care staff member or patient. Unless otherwise noted, programs are free and open to all UNC Cancer Care patients. Choose the programs that best meet your needs. Let any member of your team know if you cannot find what you are looking for.

Classes and Workshops

Legal Clinic

When: 2nd & 4th Fridays of the Month, 9AM—12 noon.
Where: Patient and Family Resource Center.
About: A free clinic staffed by law students and attorneys who can help with making powers of attorney and legal wills for UNC Cancer Care patients and caregivers.

Lymphedema Prevention Class

When: 1st Wednesday of the Month, 1—2:00 PM.
Where: Carolina Pointe II.
About: For patients at risk for lymphedema. Call 919-957-6600 to register.

Managing the Cost of Cancer

When: 2nd Thursday of the Month, 12 —1:00 PM.
Where: Patient and Family Resource Center.
About: Patients, families, or friends learn about the financial management of cancer. Call 919-966-7849 with questions.

Nutrition During Cancer Treatment

When: 3rd Thursday of the Month, 12 —1:00 PM.
Where: Patient and Family Resource Center.
About: For UNC Cancer Care patients and caregivers to learn about nutrition in cancer. Call 919-966-3494 for topics.

Writing and Healing for Caregivers

When: Wednesdays, 12 —1:00 PM.
Where: N.C. Memorial Hospital, in the Chapel.
About: A writing-to-heal workshop for UNC Cancer Care caregivers (staff are also welcome!). No writing experience is needed. Bring your lunch. For details, call 919-966-0716 or email hgessner@unch.unc.edu.

Support Groups and Gatherings

Bone Marrow Transplant (BMT) Caregivers Support Group

When: Wednesdays, 3—4:00 PM
Where: BMT Lounge, 4th Floor, N.C. Cancer Hospital.
About: For caregivers of UNC's BMT Unit patients.

Breast Cancer Support for Young Women

When: 1st Tuesday of the Month, 7:00—8:30 PM.
Where: Carolina Pointe II.
About: For women ages 18—45 with breast cancer.

Cancer Prayer Support Group

When: 1st & 3rd Monday of the Month, 7—8:00 PM.
Where: Wake Forest Baptist Church.
About: Call 919-219-4801 for more information.

Caregiver Conversations

When: 2nd Tuesday & 4th Thursday of the Month, 10—11:00 AM.
Where: Patient and Family Resource Center.
About: For caregivers to meet and share stories through planned topics and social time.

Caregiver Dinners

When: Mondays, 4:30—5:30 PM.
Where: 4 Oncology, 4th floor, N.C. Cancer Hospital.
About: For caregivers of 4 Oncology patients.

Coping with Cancer

When: 1st Wednesday of the Month, 6—7:30 PM.
Where: Rex Cancer Center Auditorium.
About: For cancer patients and caregivers.

Friday Family Coffee

When: Fridays, 9:30—11:00 AM.
Where: Patient and Family Resource Center.
About: For UNC Cancer patients and caregivers to meet for coffee. Arts & crafts also available.

Hematology/Oncology Support Groups for Pediatric Patients, Siblings and Parents

When: 4th Wednesday of the Month, 1—2:00 PM.
Where: Pediatric Oncology Clinic, 1st floor, N.C. Cancer Hospital.
About: Activities and pizza for UNC pediatric patients with blood disorders or cancer, and siblings ages 5-12. Separate dinner and discussion for parents. Child care for siblings ages 18 months—4 years old provided. Call 919-966-4775 for more.

I CANcer: Hematology/Oncology Adolescent and Parent Support Groups

When: 2nd Wednesday of the Month, 5—6:15 PM.
Where: Pediatric Oncology Clinic, 1st floor, N.C. Cancer Hospital.
About: Photography for ages 12 & up, who have been treated at UNC for cancer or blood disorders. Pizza, drinks and cameras are provided. Parents meet separately. Call 919-966-4775 for more.

KidsCan!

When: 3rd Monday of the Month, 6—8:00 PM.
Where: Rex Cancer Center Auditorium.
About: For kids ages 6-18 who have a parent or caregiver with cancer. Call 919-784-1056 to RSVP.

Living with Metastatic or Advanced Cancer

When: 1st & 3rd Wednesday of the Month, 3—4:30 PM.
Where: Cornucopia Cancer Support Center.
About: For cancer patients with advanced disease.

Oral, Head and Neck Cancer Support

When: 3rd Wednesday of the Month, 6:00—7:00 PM.
Where: Cornucopia Cancer Support Center.
About: For patients with oral, head or neck cancer.

Peer Connect

When: Ongoing.
Where: Cornucopia Cancer Support Program.
About: Connects patients and caregivers with someone who has had a similar experience.

Sharing Hope Support Group

When: 3rd Wednesday of the Month, 10:30—12 noon.
Where: Rex Cancer Center Auditorium.
About: For people with metastatic or recurrent cancer.

Single Fathers Support Program

When: 3rd Monday of the Month, 6—7:30 PM.
Where: Carolina Pointe II.
About: For fathers who are single parents due to the loss of a spouse from cancer. Pizza and drinks provided. Children are welcome! Call 919-445-5414 to RSVP. Visit www.singlefathersduetocancer.org to learn more.

Stupid Cancer Happy Hour!

When: 2nd Tuesday of the Month, 7—9 PM.
Where: Rotating Triangle Locations.
About: For young adults affected by cancer. Friends and family welcome. Visit their Facebook page: https://www.facebook.com/groups/scsoutheast/ or call 919-636-2688 for details.

Triangle Bladder Cancer Support

When: 2nd Tuesday of the Month, 7:00—8:30 PM.
Where: Carolina Pointe II.
About: For bladder cancer patients and caregivers.

Triangle Area Ostomy Association

When: 1st Tuesday of the Month, 7:30 PM.
Where: Rex Hospital, Same Day Surgery Waiting.
About: For patients with any ostomy and their caregivers. Visit www.raleighuoa.org or call 919-876-0736 to learn more.

Wake County Prostate Cancer Network

When: 2nd Thursday of the Month, 7—9:00 PM.
Where: Rex Cancer Center Auditorium.
About: For prostate cancer patients and caregivers.

Services

Morning of Beauty

When:

- 3rd Monday of the Month, 10 AM—12 noon (English)
- 3rd Monday of February, May, August and November from 1—3:00 PM (in Spanish)

Where: Patient and Family Resource Center.
About: The **Look Good, Feel Better**© program explores beauty strategies for female patients. Call 919-843-0680 to reserve your spot.

Carolina Pointe II Massages

When: Tuesdays by appointment.
Where: Carolina Pointe II.
About: UNC Cancer Care patients and caregivers can get 2 free one hour, **full** body massages. Call 919-957-6600 for an appointment.

N.C. Cancer Hospital Massages

When: Tuesdays, Wednesdays and Thursdays, by appointment.

Where: Patient & Family Resource Center.

About: UNC Cancer Care patients and caregivers can get 15—30 minute, **partial** body massages.

Call 919-843-0680 for an appointment. Inpatients and caregivers of inpatients can ask their nurse for an appointment.

Wigs & Head Coverings Boutique

When: Monday – Friday, 9:00 AM—3:30 PM.

Where: Patient and Family Resource Center.

About: Learn how to wear scarves and hats, and get free wig fittings. Call 919-843-0680 for an appointment.

Yoga

When: Mondays & Thursdays, 11:00AM—12:30PM, and Fridays, 10—11:30 AM.

Where: Carolina Pointe II.

About: For patients, survivors and caregivers. Cost is $5. Scholarships available. Call 919-966-3494 for details.

UNC Addresses and Phone Numbers

N.C. Cancer Hospital
101 Manning Drive, Chapel Hill, NC 27514
Call: 919-966-4131 or visit www.unccancercare.org

Comprehensive Cancer Support Program
Call: 919-966-3494

Patient and Family Resource Center
Ground Floor, N.C. Cancer Hospital
Call: 919-843-0680

Carolina Pointe II
6011 Farrington Rd., 3rd Floor
Durham, NC 27517
Call: 919-957-6600

Carolina Well
UNC Cancer Survivorship Program
Call: 919-966-9519 or 866-291-9424
or visit www.carolinawell.org

Area Resources

Cornucopia Cancer Support Program
5517 Durham Chapel Hill Blvd. Suite 1000
Durham, NC 27707
Call: 919-401-9333 or visit
www.cancersupport4u.org

Rex Cancer Center
4420 Lake Boone Trail
Raleigh, NC 27607
Call: 919-784-1056 or visit: www.rexhealth.com

Wake Forest Baptist Church
107 East South Ave.
Wake Forest, NC 27587
Call: 919-219-4801

To add to the next edition of this calendar, please email Deborah Ballard, RN, MSN, OCN at DBBallar@unch.unc.edu or Jill Hill, PhD, RN, CHPN at JMHill@unch.unc.edu

The most current version of the calendar can be found on the web: http://www.unclineberger.org/ccsp/supportcalendar/view