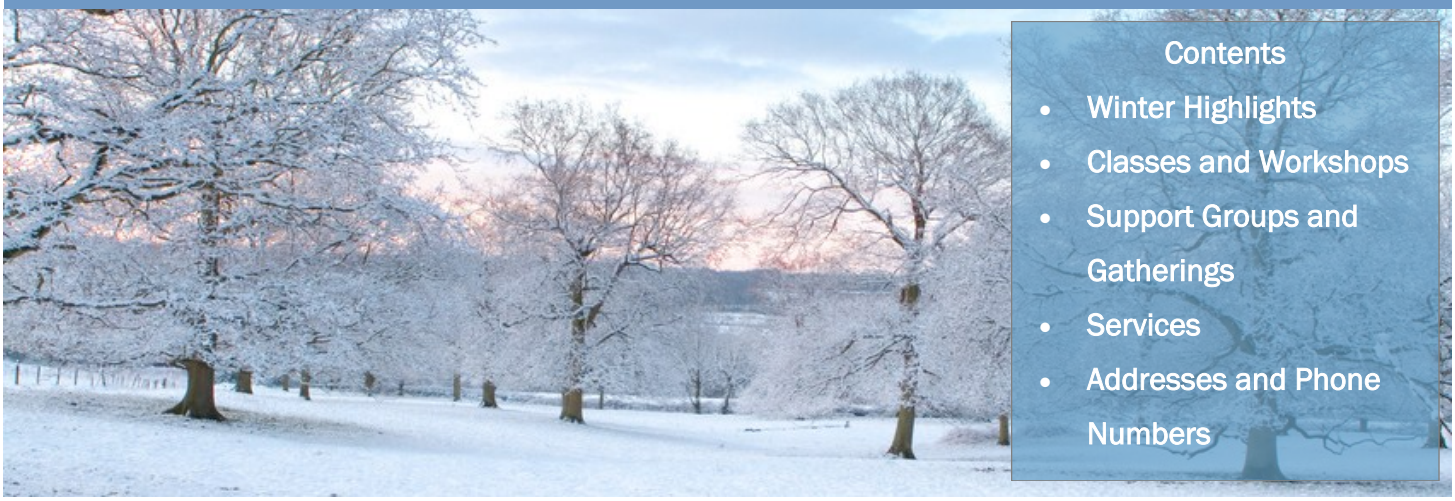
Cancer Support Calendar

Winter 2014 Edition: January — March

UNC HEALTH CARE
UNC CANCER CARE



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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.

Winter Highlights

7th Annual Zeny Datiles Memorial Nutrition Lecture and Luncheon

When: Monday, February 24th.

Where: N.C. Cancer Hospital.

About: For details, stop by or call he Patient and Family Resource Center in early February.

Cancer Transitions: Moving Beyond Treatment

When: Thursday, 6:00—8:30 PM (start date to be announced).

Where: Carolina Pointe II.

About: 7-week workshop to help survivors transition from active treatment to post-treatment care with focus on adopting a healthy lifestyle. Contact Pamela Durham at 919-843-0935 for information.

Pediatric Hematology/Oncology Family Retreat

When: April 13-14, but register early!

Where: Aqueduct Conference Center, in Chapel Hill.

About: For UNC patients (who are undergoing or recently completed treatment), siblings and parents or caregivers. Overnight retreat with separate kid and parent groups. Call 919-843-9244 or email jirven@unch.unc.edu to register.

Pediatric Hematology/Oncology Sibling Support

When: February 16th from 3—5 PM.

Where: Chapel Hill (exact location to be announced).

About: For the siblings (of all ages) of UNC pediatric hematology/oncology patients. Support and activities for patients and parents will also be available.

Classes and Workshops

Legal Clinic

When: 2nd and 4th Fridays of the Month, 9 AM—12 Noon.

Where: Patient and Family Resource Center.

About: UNC Cancer Care patients and caregivers get free help with powers of attorney and living wills.

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.

Mindfully Living

When: Mondays, 4:30—5:30 PM (starts Sept. 9th).

Where: Carolina Pointe II.

About: An intro to mindfulness, a skill used to improve health. Call 919-966-3494 to register.

Nutrition During Cancer Treatment

When: 3rd Thursday of the Month, 12 —1:00 PM.

Where: Patient and Family Resource Center.

About: UNC patients and caregivers learn about nutrition in cancer. Call 919-966-3494 for topics.

Writing and Healing for Caregivers

When: Wednesdays, 12 —1:00 PM.

Where: Starbucks Conference Room at UNC Hospitals, located in the hallway between the N.C. Cancer Hospital and the N.C. Neurosciences Hospital

About: A writing workshop for UNC Cancer Care caregivers. No experience is needed. For more, call 919-966-0716 or email hgessner@unch.unc.edu.

Yoga

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

Where: Carolina Pointe II.

About: For patients, survivors, caregivers. Cost is $5, but there are scholarships. Call 919-966-3494.

Support Groups and Gatherings

Bone Marrow Transplant (BMT) Caregivers

When: Wednesdays, 3—4:00 PM.

Where: BMT Unit Lounge, N.C. Cancer Hospital.

About: For caregivers of UNC 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 PM.

Where: Wake Forest Baptist Church.

About: Call 919-219-4801 for more information.

Caregiver Conversations

When: 2nd Tuesday and 4th Thursday of the Month, 2—3 PM.

Where: Patient and Family Resource Center.

About: Planned topics & social time for caregivers.

Caregiver Meditation Group

When: Tuesday or Wednesdays, 12:15—12:45 PM. Check the schedule outside the Chapel.

Where: N.C. Cancer Hospital, in the Chapel.

About: Participate in different types of meditation.

Caregiver Dinners

When and **Where:** Mondays on 4 Oncology and Thursdays on BMT Unit, 4:30—5:30 PM.

About: For caregivers of patients on those units.

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 and Crafts

When: Fridays, 9:00—11:00 AM.

Where: Patient and Family Resource Center.

About: Coffee and crafts for patients & caregivers.

I CANcer: Adolescent & Parent Support Groups

When: 2nd Wednesday of the Month, 5—6:15 PM.

Where: Pediatric Oncology Clinic, Level 1.

About: For hematology/oncology patients ages 12 & up. Parents meet separately. Pizza, drinks & cameras provided (for photography). Call 919-966-4775 or email jirven@unch.unc.edu.

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 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—7 PM.

Where: Cornucopia Cancer Support Center.

About: For patients with oral, head or neck cancer.

Ovarian Cancer Support Group ★ NEW GROUP!

When: 4th Wednesday of each month, from 2-3 PM.

Where: Cornucopia Cancer Support Center.

About: For ovarian cancer patients.

Peer Connect

When: Ongoing

Where: Anywhere.

About: Connects patients and caregivers with someone who has had a similar experience. Visit http://www.cancersupport4u.org/peer-connect.html.

Sharing Hope Support Group

When: 3rd Wednesday of the Month, 10:30 AM—12 Noon.

Where: Rex Cancer Center Auditorium.

About: For people with metastatic/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. Visit www.singlefathersduetocancer.org for 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. Visit https://www.facebook.com/groups/scsoutheast/.

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.

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.

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

CCSP Massage Therapy Services

When: Tuesdays by appointment.

Where: Carolina Point II.

About: 2 free one-hour massages for UNC Cancer Care patients and caregivers. Call 919-957-6600.

When: Tuesdays, Wednesdays, Thursdays by appointment.

Where: 4 Oncology, BMT, 6 Women's or 7 Neuro.

About: 15-30 minute massages for patients and caregivers on inpatient units. Call 919-843-0680. Check with your nurse before making appointments.

When: Thursdays by appointment.

Where: N.C. Cancer Hospital Infusion Center (hand and foot massages for patients) or the Patient and Family Resource Center (15-30 minute massage).

About: For UNC Cancer Care patients and caregivers. Call 919-843-0680 for an appointment.

Magnolia Meals at Home

When: For up to 2 months after enrollment

Where: Patient's homes in Raleigh-Durham area

About: A meal delivery program for patients with breast cancer and their families. For details, visit www.magnoliamealsathome.com

Morning of Beauty

When: 10 AM—12 Noon on January 13th, February 17th and March 17th.

Where: Patient and Family Resource Center.

About: Call 919-843-0680 to reserve your spot in the **Look Good, Feel Better**© program .

Wigs and Head Coverings Boutique

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

Where: Patient and Family Resource Center.

About: Call 919-843-0680 for an appointment to check out our wigs and soft head coverings.

UNC Addresses & Phone Numbers

N.C. Cancer Hospital
101 Manning Drive, Chapel Hill
919-966-4131 or www.unccancercare.org

Comprehensive Cancer Support Program (CCSP)
919-966-3494

Patient and Family Resource Center (PFRC)
Ground Level, N.C. Cancer Hospital
919-843-0680

Carolina Pointe II (CPII)
6011 Farrington Rd., 3rd Floor, Durham
919-957-6600

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

Area Resources

Cornucopia Cancer Support Center (CCSC)
5517 Durham Chapel Hill Blvd., Ste. 1500, Durham
919-401-9333 or www.cancersupport4u.org

Rex Cancer Center
4420 Lake Boone Trail, Raleigh
919-784-1056 or www.rexhealth.com

Wake Forest Baptist Church
107 East South Ave., Wake Forest
919-219-4801

To add to the calendar, email JMHill@unch.unc.edu