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. A variety of support services are available to assist you and your family through cancer treatment and survivorship.

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. Let a team member know if you need help finding other cancer support services. For more information, please call 984-974-8100 or visit our site: www.unclineberger.org/ccsp

Upcoming Events

**Annual Memorial Gathering**
*When:* Sunday, September 10, 2017, 3 PM
*Where:* Fearrington Village, Pittsboro
*About:* A service of remembrance for hospice families and community members who have experienced the death of loved ones. Please call Ann Ritter or Gail Smith at UNC Hospice 984-215-2650.

**Northwestern Mutual Retreat for Families**
*When:* September 16-17, 2017
*Where:* Aqueduct Conference Center, Chapel Hill
*About:* A fun weekend retreat for families served by the UNC Pediatric Hematology/Oncology Clinic. Patients, siblings and up to 2 parents/caregivers may attend. Registration required, email Meghan Fox at Meghan.Fox@unchealth.unc.edu

**Pedal for Peds**
*When:* Saturday, September 23, 2017, 8 AM-12 PM
*Where:* UNC Cary Wellness Center
*About:* Raise funds for patients and families served by UNC Pediatric Hematology/Oncology Clinic. For details and to register go to www.PedalforPeds.com

**2017 Employee Oncology Excellence Awards**
*When:* Thursday, October 5, 2017, 4 PM-5 PM
*Where:* N.C. Cancer Hospital Lobby, Ground Floor
*About:* Join us as we recognize and honor the 2017 Oncology Excellence Employee Award winners.

**The Great American Smokeout**
*When:* Thursday, November 16, 2017, 10 AM-2 PM
*Where:* N.C. Cancer Hospital Lobby, Ground Floor
*About:* Interested in quitting? Get help making a plan to quit smoking and using tobacco. For details, call 984-974-8453.

**N.C. Cancer Hospital Thanksgiving Family Lunch**
*When:* Friday, November 17, 2017, 11-11:45 AM or 12 PM-12:45 PM
*Where:* N.C. Cancer Hospital Lobby, Ground Floor
*About:* Cancer hospital patients and caregivers are invited to join each other in celebration of Thanksgiving. To reserve a seat, call 984-974-8100 during the first week of November.
Classes and Workshops

BMT Unit Caregiver Classes
When: Rotating Tuesdays and Saturdays, 3 PM
About: Learn how to care for your loved one from transplant to recovery. For more, call 984-974-8280.

Cancer Transitions
When: Tuesdays, September 5-26, 2017, 1:30-3:30 PM
Where: UNC Wellness at Meadowmont
About: FREE 4-week workshop to help cancer survivors and caregivers transition after treatment. Many other NC locations. Registration required call 984-974-8100.

¿Ahora Que?
Cuando: Sábado, 9 de Septiembre de 8 AM-1 PM
Dónde: En la casa SECU (123 Old Mason Farm Rd, Chapel Hill, NC 27517)
Acerca: Un taller Gratuito para ayudar a pacientes de Cancer, sobrevivientes y sus familias a hacer la transición después del tratamiento. Para registración por favor llame a Claudia Rojas 984-974-5800.

Cancer Pro Bono Legal Clinic
When: By appointment, call for details
Where: N.C. Cancer Hospital Lobby, Ground Floor
About: Help with powers of attorney and living wills. Call 984-974-8112 or email cdrogers@email.unc.edu

Caregiver Workshop
When: Tuesday, September 5; Tuesday, October 3; and Wednesday November 1, 10:30 AM-12:30 PM
Where: Conference Room, 3rd Floor Infusion
About: Skills needed to provide excellent care, how to support a loved one through treatment and when to call your care team. Call Loretta Muss at 984-974-8107.

Community Lunch and Learn Lectures
When: Fridays, Noon-1 PM
September 29 (Financial Toxicity When Facing Cancer), October 27 (An Update on Breast Cancer), and November 17 (Stress, Inflammation, and Cancer)

Support Groups and Gatherings

Breast Cancer Support
About: Support for patients and survivors.
Durham: 1st Thursday of the Month, 6-7:30 PM
Caring House
Chapel Hill: 3rd Tuesday of the Month, 6-7:30 PM
Kehillah Synagogue
Breast Cancer Support for Young Women
When: 1st Tuesday of the month, 7-8:30 PM
Where: UNC Wellness at Meadowmont
About: For women ages 18-45 with breast cancer. For more email Michelle Manning mlmannin@email.unc.edu

Caregiver Conversations
When: Tuesdays, 3-4 PM
Where: Patient & Family Resource Center, Main Lobby
About: Planned topics and social time for caregivers. More resources available on our UNC Caregiver Website: www.caregivers.web.unc.edu

Caregiver Dinners
When: Thursdays, 4:30-5:30 PM
Where: BMT Unit & 4 Oncology
About: For caregivers of patients on those units.

Friday Family Coffee
When: Fridays, 9-11 AM
Where: Patient & Family Resource Center, Main Lobby
About: Breakfast for patients and caregivers.

Grief Recovery Support Groups
About: For those grieving the loss of a loved one.

UNC Medical Center: Mondays, September 18-October 30, 6:30-8 PM at John Reeves Chapel, Main Hospital
Email Heidi.Gessner@unchealth.unc.edu for details.
Pittsboro: Wednesdays, September 13-November 1, 10-11:30 AM and Tuesdays, October 24-December 12, 10-11:30 AM. To register call Ann Ritter 984-215-2650 or email Ann.Ritter@unchealth.unc.edu

I CANcer: Teen & Parent Support Groups
When: Dates vary, call for details
Where: N.C. Cancer Hospital OR a local outing
About: For UNC Pediatric Hematology/Oncology Clinic patients and siblings ages 12 and up. Parents meet separately. Please call 984-974-9341 for details.

KidsCan!
When: 2nd Monday of the month, 6-8 PM
About: For kids with a parent/caregiver living with cancer

Raleigh: Rex Cancer Center. For kids ages 6-18 years. Registration required call 919-784-1641.
Durham: Duke Cancer Center. For kids ages 4-18 years. Dinner provided. Registration required call 919-684-2913.

Living with Metastatic or Advanced Cancer
About: Support for those living with advanced cancer or metastatic disease.

Durham: 1st & 3rd Wednesday of the Month, 3-4:30 PM. At Caring House. To learn more, call 919-401-9333.
Raleigh: 1st & 3rd Wednesday of month, 10:30 AM-Noon At Rex Cancer Center. To register call 919-784-1641.

Lung Cancer Support Group
When: 3rd Thursday of the Month, 10:30 AM-Noon
Where: Caring House, Durham
About: Support group for those new to treatment, survivors and loved ones. For details call 919-401-9333.

Oral and Head & Neck Support Group
When: 3rd Monday of the month, 6-7 PM
Where: Caring House, Durham
About: Support for those with oral and head & neck cancers. To learn more call 919-401-9333.

UNC Rex Cancer Center Support Groups
About: For patients and caregivers during and after care.
Sharing Hope: 2nd Friday of the Month, 10:30 AM-Noon. For caregivers. Registration required call 919-784-1641.
Survivorship: 1st Friday of the Month, 10:30 AM-Noon. Registration required call 919-784-6863.
Cancer Transitions: Tuesdays, September 21-October 12. FREE 4-week workshop. Call 919-784-6120 to register.

Single Fathers Support Program
When: 3rd Tuesday of the Month
Where: SECU Family House, Chapel Hill
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 [www.facebook.com/groups/scsoutheast/](http://www.facebook.com/groups/scsoutheast/)

Triangle Area Multiple Myeloma Support
**When:** 4th Saturday of the Month, 10 AM-Noon
**Where:** Westminster Presbyterian Church, Durham
**About:** For details, call Thomas Goode at 252-915-9466 or email triangleareasm@imfsupport.org

Triangle Bladder Cancer Support
**When:** Tuesday, October 10, 7–8:30 PM
**Where:** SECU Family House, Chapel Hill
**About:** For bladder cancer patients and caregivers. For details, call 984-974-8100 or visit [www.trianglebcs.org](http://www.trianglebcs.org)

Young Survival Coalition Face 2 Face Network
**When:** Visit [www.meetup.com/pro/yscf2f](http://www.meetup.com/pro/yscf2f)
**Where:** NC Chapters in Chapel Hill, Charlotte, Greenville and Raleigh
**About:** For young women diagnosed with breast cancer.

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Wigs and Head Coverings Boutique
**When:** Monday to Friday, 9 AM-4 PM
**Where:** Patient & Family Resource Center, Main Lobby
**About:** Call 984-974-8100 for an appointment to try on wigs and soft head coverings. For men and women.

Tobacco Treatment Counseling
**When:** Monday-Friday, 9 AM-5 PM; by appointment
**Where:** N.C. Cancer Hospital
**About:** Counseling and treatment for patients wishing to stop using tobacco products. Call 984-974-8453.

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Area Resources & Contact Information

Caring House
2625 Pickett Road, Durham
919-490-5449 or [www.caringhouse.org](http://www.caringhouse.org)

Cornucopia Cancer Support Center (CCSC)
20 West Colony Place, Suite 220, Durham
919-401-9333 or [www.cancersupport4u.org](http://www.cancersupport4u.org)

N.C. Cancer Hospital (and Main Hospital)
101 Manning Drive, Chapel Hill
984-974-0000 or [www.unclineberger.org/about/nccancerhospital](http://www.unclineberger.org/about/nccancerhospital)

N.C. Cancer Hospital Caregiver Website
[www.caregivers.web.unc.edu](http://www.caregivers.web.unc.edu)

Patient and Family Resource Center (PFRC)
Main Lobby, N.C. Cancer Hospital
984-974-8100 or [www.unclineberger.org/patientcare/support/ccsp/programs/pfrc](http://www.unclineberger.org/patientcare/support/ccsp/programs/pfrc)

UNC Rex Cancer Center
4420 Lake Boone Trail, Raleigh
919-784-1056 or [www.rexhealth.com](http://www.rexhealth.com)

SECU Family House
123 Old Mason Farm Road, Chapel Hill
919-932-8000 or [www.secufamilyhouse.org/](http://www.secufamilyhouse.org/)

Seymour Center
2551 Homestead Road, Chapel Hill
919-968-2070 or [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging)

UNC Hospice Office
287 East Street, Suite 221, Pittsboro

UNC Wellness Center at Meadowmont
100 Sprunt Street, Chapel Hill
919-966-5500 or [www.uncwellness.com](http://www.uncwellness.com)

Westminster Presbyterian Church
3639 Old Chapel Hill Rd., Durham
919-489-4974 or [www.wpcdurham.org](http://www.wpcdurham.org)

Wholistic Health Studio
1000 Hackberry Lane, Durham
919-489-5355 or [www.wholistichealthstudionc.com](http://www.wholistichealthstudionc.com)

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- Find the Cancer Support Calendar on the web: [www.unclineberger.org/patientcare/support](http://www.unclineberger.org/patientcare/support)
- To add to the calendar, email: Yvonne.Angwenyi@unchealth.unc.edu