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](http://www.unclineberger.org/ccsp)

### Upcoming Events

**Kidney Cancer Patient & Survivor Conference**
**When:** December 9, 8 AM–2:30 PM
**Where:** Friday Center, Chapel Hill
**About:** Free event for patients, survivors and caregivers affected by kidney cancer. Hosted by UNC Lineberger and the Kidney Cancer Association. Registration required at [www.kidneycancer.org](http://www.kidneycancer.org)

### Classes and Workshops

**Community Lunch and Learn Lectures**
**When:** Fridays, Noon-1 PM
- **December 15** (Lung Cancer Screening)
- **January 26** (Topic to be decided)
- **February 23** (Stress, Inflammation & Cancer)
**Where:** Patient & Family Resource Center, Main Lobby, other North Carolina sites and Online via GoToWebinar
**About:** For patients and families affected by cancer. Lunch available at select sites. For details, call 919-445-1000 or visit [www.unccn.org](http://www.unccn.org)

**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:** Varies, call for details
**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:** Diciembre, por favor llame para detalles.
**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

Get REAL & HEEL for cancer survivors
When: Mondays, Wednesdays and Thursdays
Where: UNC Campus, Chapel Hill
About: A 16-week exercise program for cancer survivors. Call 919-962-1222 to learn more and enroll.

Look Good Feel Better ©Program, Morning of Beauty
When: Call for dates
Where: Patient & Family Resource Center, Main Lobby
About: Call 984-974-8100 to reserve your spot.

Complementary Therapies
When: Varies, by appointment
Where: Durham
About: Free 1-hour appointments for cancer patients/survivors in treatment or within 6 months of completing treatment. Therapies include: Acupuncture, Oncology Massage, Healing Touch, Reiki and Counseling. Please call Cornucopia Cancer Support Center at 919-401-9333.

Yoga
About: For patients, survivors and caregivers. $5 fee. Arrive 15 minutes early if new. Call 984-974-8100.
Chapel Hill: Mondays & Wednesdays, 2-3:30 PM, UNC Wellness at Meadowmont
Durham: Fridays, 10-11:30 AM, Wholistic Health Studio

Yoga for Cancer
When: Mondays, Dec 4 & 11, Noon-1:15 PM
Thursdays, Dec 7 & 14, 6-7:15 PM
Where: Raleigh Yoga Center
About: Gentle yoga taught especially for cancer patients and survivors. $5 suggested donation.

Writing for Resilience
When: Tuesdays, Noon-1 PM
Where: John Reeves Chapel, Main Hospital, Level 1
About: Writing group for everyone, including staff. Email Heidi.Gessner@unchealth.unc.edu for details.

Support Groups and Gatherings

Breast Cancer Support
About: Support for patients and survivors. For details call 919-401-9333.
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: 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: Weekly breakfast for patients and caregivers.
I CANcer: Teen & Parent Support Groups
When: Monday, Dec 11 and Thursdays, Jan 18 & Feb 15, 6-7:30 PM
Where: Ronald McDonald House, Chapel Hill or 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 Cancer 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.

Single Fathers Support Program
When: 3rd Tuesday of the Month
Where: SECU Family House, Chapel Hill
About: For fathers who are single parents due to the loss of a spouse. Childcare and dinner provided.


Sharing Our Stories
When: Wednesdays, 10-11:30 AM, January 10—February 28, 2018
Where: UNC Hospice Office, Pittsboro
About: An 8-week grief support group for anyone who has experienced a loss. To register, contact Ann Ritter at 984-215-2650 or Ann.Ritter@unchealth.unc.edu

Sharing Support
When: 2nd Friday of the Month, 10:30 AM-Noon
Where: UNC Rex Cancer Center, Family Support Room
About: For caregivers to reflect on their experiences and coping. Registration required call 919-784-1641.

Sharing Survivorship
When: 1st Friday of the Month, 10:30 AM-Noon
Where: UNC Rex Cancer Center, Family Support Room
About: Offers support to patients and caregivers from treatment to recovery and beyond. Registration required call 919-784-6863.

The Loss of Your Spouse Support Group
When: Dates vary
Where: Chapel Hill
About: UNC Hospice group for those experiencing the loss of their spouse. To register, contact Gail Smith 919-218-7995 or Cynthia.Smith@unchealth.unc.edu

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/

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 triangleareaesg@imfsupport.org
**Magnolia Meals at Home**
*About:* For patients and families affected by breast, thyroid & kidney cancers and soft tissue sarcoma. Delivers 10 home-cooked meals a month for 2 months. Call 919-401-9333 or visit www.magnoliamealsathome.com

**Tobacco Treatment Counseling**
*When:* Monday-Friday, 9 AM-5 PM; by appointment  
*Where:* N.C. Cancer Hospital  
*About:* Counseling and treatment for patients and their family members who use tobacco products and are interested in quitting. Call 984-974-8453.

**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.

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**Services**

**Triangle Bladder Cancer Support**
*When:* 2nd Tuesday of the month, 7-8:30 PM  
*Where:* SECU Family House, Chapel Hill  
*About:* For bladder cancer patients and caregivers. For details, call Ritchie Briggs (919) 493-0551.

**UNC Rex Cancer Transitions**
*About:* Free 4-week workshop to help cancer survivors make the transition from active treatment to post-treatment care. For details, call 919-784-6120 or email Loreal.Massiah@unchealth.unc.edu

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

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**Area Resources & Contact Information**

**Caring House**  
2625 Pickett Road, Durham  
919-490-5449 or www.caringhouse.org

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

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

**N.C. Cancer Hospital Caregiver Website**  
caregivers.web.unc.edu

**Patient and Family Resource Center (PFRC)**  
Main Lobby, N.C. Cancer Hospital  
984-974-8100 or www.unclineberger.org/ccsp

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

**Raleigh Yoga Center**  
619 Oberlin Road, Raleigh  
919-856-1390 or www.raleighyoga.com

**Ronald McDonald House**  
101 Old Mason Farm Road, Chapel Hill  
919-913-2040 or rmh-chapelhill.org

**SECU Family House**  
123 Old Mason Farm Road, Chapel Hill  
919-932-8000 or www.secufamilyhouse.org/

**UNC Hospice Office**  
287 East Street, Suite 221, Pittsboro  
984-215-2650 or www.uncmedicalcenter.org/uncmc/care-treatment/hospice/

**UNC Wellness Center at Meadowmont**  
100 Sprunt Street, Chapel Hill  
919-966-5500 or www.uncwellness.com

**Westminster Presbyterian Church**  
3639 Old Chapel Hill Rd., Durham  
919-489-4974 or www.wpcdurham.org

**Wholistic Health Studio**  
1000 Hackberry Lane, Durham  
919-489-5355 or www.wholistichealthstudione.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