

Cancer Support Calendar

Winter 2018 Edition: December, January & February



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

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

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

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: 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)

Acercas: Un taller Gratuito para ayudar a pacientes de Cancer, sobrevivientes y sus familias a hacer la transición después del tratamiento. Para registraci3n 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.

Registration required call 984-974-8113. More at

www.singlefathersduetocancer.org.

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 triangleareasg@imfsupport.org

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.

Services

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.

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

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.wholistichealthstudionc.com