

Cancer Support Calendar

Fall 2018 Edition: September, October & November



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 noted otherwise, 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 details, please call 984-974-8100 or visit www.unclineberger.org/ccsp

Upcoming Events

First Descents Young Adult Retreat

When: September 21-24, 2018

Where: North Carolina mountains

About: A free outdoor adventure for young adult cancer patients and survivors ages 18-35. Includes transport, food and lodging. Hosted in partnership with UNC and sponsored by the Be Loud! Sophie Foundation. Also open to patients with physical disabilities or limited sight. Email Lauren Lux at Lauren_Lux@med.unc.edu

Northwestern Mutual Fall Retreat for Families

When: Saturday, October 6, 2018

Where: Victory Junction, Randleman, NC

About: For Patients and families treated by the UNC Pediatric Hematology-Oncology team. A fun-filled day for patients and families to break away from the stressors of treatment and find support among other families dealing with similar challenges. Registration required, email Meghan.Fox@unchealth.unc.edu

N.C. Cancer Hospital Thanksgiving Family Lunch

When: Friday, November 16, 2018, 11:30 AM-12:15 PM or 12:30-1:15 PM

Where: N.C. Cancer Hospital Lobby, Ground Floor

About: UNC Chapel Hill Cancer Hospital patients and their caregiver are invited to join our Thanksgiving celebration. To reserve a seat, call 984-974-8100 during the first week of November.

Programas en Español

“El Grupo de Conversación

Cuando: Todo los Jueves al las 1:00pm-2:00pm

Dónde: Centro de Recursos para Paciente y la Familias

Acerca: Grupo de apoyo gratuito, estamos aquí para ti y no tienes que hacerlo solo. Venga a hablar con otros pacientes y familiares que también están pasando por cancer. Para más información llame 984-974-8100.

¿Ahora Que?

Cuando: Las fechas varían, Por favor llame para obtener más detalles.

Dónde: En la casa Secu (Chapel Hill)

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 919-259-0279.

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 details, call 984-974-8280.

Cancer Transitions

When: Varies, call for details

Where: SECU Family House, Chapel Hill

About: FREE 4-week workshop to help cancer survivors and caregivers transition after treatment. Registration required call 984-974-8100.

Cancer Pro Bono Legal Clinic

When: September 14, October 12 & November 9, by appointment

Where: Patient & Family Resource Center, Lobby

About: Help with powers of attorney and living wills. Call 984-974-8112 or email cdrogers@email.unc.edu

Complementary Therapies

When: Varies, by appointment

Where: Raleigh-Durham

About: Free therapies for cancer patients/survivors in treatment or within 6 months after treatment. Includes: Acupuncture, Oncology Massage, Healing Touch, Reiki Health Coaching and Counseling. Call Cornucopia at 919-401-9333 or email info@cancersupport4u.org

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 919-445-4255 to learn more and enroll.

Look Good Feel Better ©Program, Morning of Beauty

When: Mondays, September 17, October 15 & November 19

Where: Patient & Family Resource Center, Lobby

About: Call 984-974-8100 to reserve your spot.

Yoga

Chapel Hill: Mondays & Wednesdays, 2-3:30 PM, Please check CCSP website or call for details

Durham: Fridays, 10-11:30 AM, Wholistic Health Studio

About: For patients, survivors and caregivers. \$5 fee. Arrive 15 minutes early if new. Call 984-974-8100.

Writing for Resilience

When: Tuesdays, Noon-1 PM, starts September 25

Where: John Reeves Chapel, Main Hospital, Level 1

About: Writing group for everyone, including staff. Email Heidi.Gessner@unchealth.unc.edu for details.

Writing Toward Resilience

When: Mondays, 12 Noon-1 PM

Where: SECU Jim and Betsy Bryan Hospice Home

About: Free writing workshop for current caregivers or those grieving a loss. Led by Carol Henderson, author and workshop leader. No registration needed. For details, call 984-215-2675 or contact Ann Ritter 984-215-2650 Ann.Ritter@unchealth.unc.edu

Support Groups and Gatherings

Brain Cancer Support Group

When: Monthly, date varies

Where: Chapel Hill (private location)

About: Support group for adults with brain cancer. Please call Cornucopia for group details at 919-401-9333 or email info@cancersupport4u.org

Breast Cancer Support for Young Women

When: 1st Tuesday of the month, 7-8:30 PM

Where: Coco Bean Coffee Shop, Chapel Hill

About: For women ages 18-45 with breast cancer. For details, email Michelle Manning mmanning@unc.edu

Caregiver Conversations

When: Tuesdays, 3-4 PM

Where: Patient & Family Resource Center, Lobby

About: Planned topics and social time for caregivers. More caregiver resources online: 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.

Circle of Support

When: 2nd Monday of the Month, 7-8:30 PM

Where: SECU Jim and Betsy Bryan Hospice Home

About: For those who have lost a loved one. Support from hospice staff and volunteers. For details contact Ann Ritter 984-215-2650 or Ann.Ritter@unchealth.unc.edu

Friday Family Coffee

When: Fridays, 9-11 AM

Where: Patient & Family Resource Center, Lobby

About: Weekly breakfast for patients and caregivers.

I CANcer: Teen & Parent Support Groups

When: Thursdays, September 20, October 18 & November 15

Where: Ronald McDonald House, Chapel Hill

About: For patients of UNC Pediatric Hematology/Oncology and their siblings ages 12 and up. Parents meet separately. Contact Meghan.Fox@unchealth.unc.edu

KidsCan!

When: 2nd Monday of the month, 6-8 PM

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. Registration required call 919-684-2913.

About: For kids with a parent/caregiver with cancer

Living with Metastatic or Advanced Cancer

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.

About: Support for those living with advanced cancer or metastatic disease.

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 Cornucopia 919-401-9333.

Peer Connect

About: A confidential peer-support program. To learn more call Cornucopia 919-401-9333.

Single Fathers Support Program

When: 3rd Tuesday of the Month

Where: SECU Family House, Chapel Hill

About: For single parent fathers after the loss of a spouse. Childcare and dinner provided. Registration required call 984-974-8113 www.widowedparent.org

Sharing Support

When: 2nd Friday of the Month, 10:30 AM-Noon

Where: UNC Rex Cancer Center

About: Caregivers share experiences and coping skills. Registration required call 919-784-1641.

Sharing Survivorship

When: 1st Friday of the Month, 10:30 AM-Noon

Where: UNC Rex Cancer Center

About: Supporting patients and caregivers from treatment to recovery and beyond. Registration required call 919-784-6863.

Sharing Our Stories

When: Wednesdays, September 19-November 7, 10-11:30 AM

Where: UNC Hospice office, Pittsboro

About: A grief support group for those experiencing a loss. To register, contact Ann Ritter 984-215-2650 or Ann.Ritter@unchealth.unc.edu

Stupid Cancer Happy Hour!

When: 2nd Tuesday of the Month, 7-9 PM

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.

Widowed Mothers Support Program

When: 1st Tuesday of the Month

Where: SECU Family House, Chapel Hill

About: For single mothers after the loss of a spouse. Focuses on grief, single motherhood, coping and parenting. Childcare and dinner provided. For details, contact Alyssa Draffin 984-974-5162 or Diane Bensley 984-974-2548 www.widowedparent.org

Young Survival Coalition Face 2 Face Network

When: Visit www.meetup.com/pro/yscf2f

Where: Chapel Hill, Charlotte, Greenville & Raleigh

About: Support for young women with breast cancer.

Services

Magnolia Meals at Home

About: Free meal delivery for patients with breast, thyroid & kidney cancers and soft tissue sarcoma. 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: For patients and family members who are interested in quitting. Call 984-974-8453.

Wigs and Head Coverings Services

When: Monday-Friday, appointment preferred

Where: Patient & Family Resource Center, Lobby

About: Head coverings for men and women receiving chemotherapy at N.C. Cancer Hospital in Chapel Hill. Call the Resource Center for details 984-974-8100.

Area Resources & Contact Information

Caring House

2625 Pickett Road, Durham

919-490-5449 or www.caringhouse.org

Coco Bean Coffee Shop

1114 Environ Way, Chapel Hill

919-883-9003

Cornucopia Cancer Support Center

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

Mary Anne Long Patient and Family Resource Center

Main Lobby, N.C. Cancer Hospital

984-974-8100 or www.unclineberger.org/ccsp

Ronald McDonald House

101 Old Mason Farm Road, Chapel Hill

919-913-2040 or www.rmh-chapelhill.org/

UNC Rex Cancer Center

4420 Lake Boone Trail, Raleigh

919-784-1056 or www.rexhealth.com

SECU Family House

123 Old Mason Farm Road, Chapel Hill

919-932-8000 or www.secufamilyhouse.org/

SECU Jim and Betsy Bryan UNC Hospice Home

100 Roundtree Way, Pittsboro (Behind Bojangles)

984-215-2675

UNC Hospice Office

287 East Street, Suite 221, Pittsboro

984-215-2650 or www.uncmedicalcenter.org/uncmc/care-treatment/hospice/

Victory Junction (Northwestern Fall Retreat venue)

4500 Adam's Way, Randleman, North Carolina

336-498-9055

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

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