Many cancer patients describe diagnosis, treatment and survivorship as a journey. At times, this journey may be confusing and overwhelming. With UNC Cancer Care, you are not alone. A variety of support services are available to assist you, your family and friends through cancer treatment and survivorship.

Many programs in this calendar were started by a UNC staff member or patient. Unless noted, events are free and open to all UNC Cancer Care patients. For help finding other services, visit the Mary Anne Long Patient & Family Resource Center at the N.C. Cancer Hospital or call 984-974-8100. Learn more about the UNC Comprehensive Cancer Support Program (CCSP) at www.unclineberger.org/ccsp

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**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.

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**Holiday Closings**

December 25, 2018
January 1, 2019
January 21, 2019

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**Stay Connected**

Download this calendar
www.unclineberger.org/patientcare/support

Join the CCSP mailing list
www.unclineberger.org/ccsp

Send calendar updates
oncpatienteducation@unchealth.unc.edu
**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 Pro Bono Legal Clinic**  
**When:** Monthly dates vary, call for details  
**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

**Cancer Transitions—Moving Beyond Treatment**  
**When:** Varies, call for details  
**Where:** SECU Family House, Chapel Hill  
**About:** FREE 4-Class workshop series for patients and caregivers after treatment. Nutrition, coping with stress and more. Other North Carolina locations. Registration required call 984-974-8100.

**Cornucopia Cancer Support Center**  
**When:** Varies, by appointment  
**Where:** Raleigh-Durham  
**About:** Free therapies and services for patients and survivors in treatment or 6 months afterwards. Includes: Acupuncture, Oncology Massage, Healing Touch, Reiki, Health Coaching, Counseling and Peer Connect Program. Call 919-401-9333 or info@cancersupport4u.org

**Get REAL & HEEL**  
**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:** Varies, call for details  
**Where:** Patient & Family Resource Center, Lobby  
**About:** Call 984-974-8100 to reserve your spot.

**Yoga**  
**When:** Mondays and Fridays, 10-11:30 AM; Wednesdays, 2-3:30 PM  
**Where:** Wholistic Health Studio, Durham

**About:** For patients, survivors and caregivers. $5 fee or $50 for 12 classes. Arrive 15 minutes early if new. Call 919-966-9519 or 984-974-8100 for details.

**Writing Groups**  
**When:** Tuesdays, Noon-1 PM in Chapel Hill; Mondays, Noon-1 PM in Pittsboro  
**Chapel Hill:** At John Reeves Chapel. Open to all including staff. Contact Heidi.Gessner@unchealth.unc.edu  
**Pittsboro:** At SECU Jim and Betsy Bryan Hospice Home. For caregivers and those grieving a loss. Call 984-215-2650 or Ann.Ritter@unchealth.unc.edu

**Support Groups and Gatherings**

**Young Adult Meet Up**  
**When:** 2nd Tuesday of the month, 6-8 PM  
**Where:** Namu Restaurant, Durham  
**About:** For young adults in cancer treatment and their friends, partners and family. No need to RSVP, just show up! For details, email lauren_lux@med.edu.edu

**Brain Cancer Support Group**  
**When:** Monthly, date varies  
**Where:** Chapel Hill (private location)  
**About:** Support group for adults with brain cancer. For details 919-401-9333 or info@cancersupport4u.org

**Breast Cancer Support for Young Women**  
**When:** 1st Tuesday of the month, 7-8:30 PM, except Jan 1  
**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, 6:30-8 PM
Where: SECU Jim and Betsy Bryan Hospice Home
About: For those who have lost a loved one. Support from hospice staff and volunteers. 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.

iCANcer: Teen & Parent Support Group
When: Varies, contact for details
Where: Ronald McDonald House, Chapel Hill and outings in the community
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
When: 1st & 3rd Wednesday of the Month, 3-4:30 PM
Where: Caring House, Durham
About: Support for those living with advanced cancer or metastatic disease. To learn more, 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 Cornucopia 919-401-9333.

Sharing Hope
When: 10:30 AM-Noon, 1st & 3rd Wednesday of month, Main Campus; 1st & 3rd Monday of month, Wakefield
Where: UNC Rex Cancer Center locations, Raleigh
About: The challenges of having a serious illness: emotional needs and planning for a future with an advanced cancer. Call 919-784-1641 to register.

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: For patients and caregivers from treatment to recovery and beyond. To register call 919-784-6863.

Sharing Our Stories
When: Wednesdays, 10-11:30 AM, Jan 9-Feb 27
Where: SECU Jim and Betsy Bryan Hospice home
About: Grief support for those who had a loss. To register Ann.Ritter@unchealth.unc.edu or 984-215-2650.

Single Fathers Support Program
When: 3rd Tuesday of the Month
Where: SECU Family House, Chapel Hill
About: For fathers after the loss of a spouse. Dinner and childcare provided. Registration required call 984-974-8113. More at www.widowedparent.org

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 group details, contact Thomas Goode at 252-915-9466 or 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 patients & caregivers affected by bladder cancer. For details, call Ritchie Briggs (919) 493-0551.
**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](http://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.

**Services**

**Caring House**
2625 Pickett Road, Durham
919-490-5449 or [www.caringhouse.org](http://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](http://www.cancersupport4u.org)

**Namu Restaurant**
5420 Durham-Chapel Hill Blvd, Durham
[www.namudurham.com](http://www.namudurham.com/)

**Ronald McDonald House**
101 Old Mason Farm Road, Chapel Hill
919-913-2040 or [www.rmh-chapelhill.org](http://www.rmh-chapelhill.org/)

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

**UNC Rex Cancer Center—Main Campus**
4420 Lake Boone Trail, Raleigh
919-784-1642 or [www.rexhealth.com](http://www.rexhealth.com)

**UNC Rex—Wakefield Campus**
11200 Governor Manly Way, Suite 102, Raleigh
919-784-1641 or [www.rexhealth.com](http://www.rexhealth.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)

**Contact Information and Venues**

**Mary Anne Long Patient and Family Resource Center**
Main Lobby, N.C. Cancer Hospital
984-974-8100 or [www.unclineberger.org/ccsp](http://www.unclineberger.org/ccsp)

**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)

**Widowed Mothers Support Program**
*When:* 1st Tuesday of the Month
*Where:* SECU Family House, Chapel Hill
*About:* For mothers after the loss of a spouse. Focus on grief, single motherhood, coping and parenting. Dinner and childcare provided. To register, call Diane Bensley at 984-974-2548. More at [www.widowedparent.org](http://www.widowedparent.org)

**Young Survival Coalition Face 2 Face Network**
*When:* Visit [www.meetup.com/pro/yscf2f](http://www.meetup.com/pro/yscf2f)
*Where:* Chapel Hill, Charlotte, Greenville & Raleigh
*About:* Support for young women with breast cancer.

**Widowed Mothers Support Program**
*When:* 1st Tuesday of the Month
*Where:* SECU Family House, Chapel Hill
*About:* For mothers after the loss of a spouse. Focus on grief, single motherhood, coping and parenting. Dinner and childcare provided. To register, call Diane Bensley at 984-974-2548. More at [www.widowedparent.org](http://www.widowedparent.org)

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