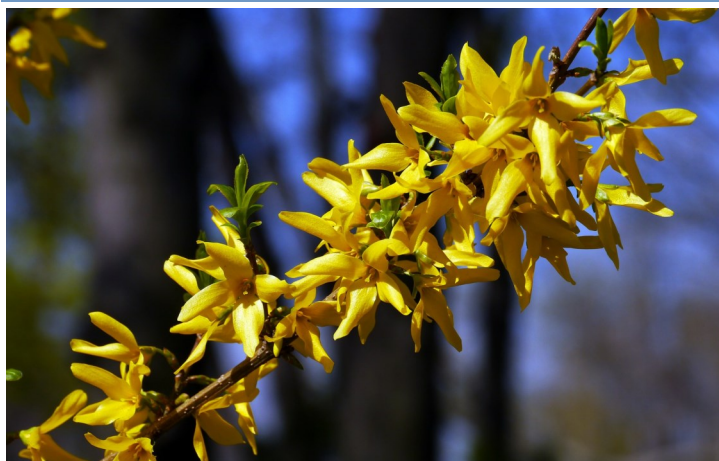


Cancer Support Calendar

Spring 2017 Edition: April, May and June



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

Community Lunch and Learn Lectures

When: Fridays, Noon-1 PM

April 28 (When Cancer Runs In Your Family), May 19 (Melanoma: Early Detection and Therapeutic Progress) and June 30 (Chemo Brain: Fact or Myth?)

Where: Patient & Family Resource Center, Main Lobby or online via GoToWebinar

About: For patients and families affected by cancer. For details call UNC Cancer Network at 919-445-1000 or visit <http://www.unccn.org>

Classes and Workshops

Cancer Transitions

When: Tuesdays, 1:30-4 PM, May 2 through May 23

Where: UNC Wellness at Meadowmont

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

¿Ahora Que?

Cuando: Sábado, 22 de Abril de 8:00am-1:30pm

Dónde: En la casa SECU (123 Old Mason Farm Rd, Chapel Hill, NC 27517)

Acerca: Un taller Gratuito para ayudar a pacientes de Cancer o sobrevivientes y sus familias a hacer la transición después del tratamiento. Para registración por favor llame a Claudia Rojas al 919-259-0279 ó Neda Padilla al 919-966-0722 ó Neda.Padilla@unc.edu .

Cancer Pro Bono Legal Clinic

When: Friday, April 7 by appointment. Other dates may be available. Call for details.

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

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

Caregiver Education Series

When: Thursday, April 6; Monday, May 1 and Tuesday, June 6; 10:30 AM-12:30 PM

Where: Conference Room, 3rd Floor Infusion

About: Series for caregivers on skills needed to provide excellent care, how to support a loved one through treatment and when to call your care team. For details call Loretta Muss at 984-974-8107.

Classes and Workshops

Get REAL & HEEL for cancer survivors

When: Mondays, Wednesdays & Thursdays

Where: UNC Campus, Chapel Hill

About: A 16-week exercise program for cancer survivors. Call 919-962-1222 to learn more and enroll.

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

BMT Unit Caregiver Classes

When: Tuesdays & Saturdays, 3 PM

April 1, 4, 15, 18, 29; May 6, 9, 20, 23; and
June 3, 6, 17, 20

About: Learn how to care for your loved one at every step from transplant to recovery. For more information call 984-974-8280.

Writing for Resilience

When: Tuesdays, 12-1 PM

Where: John Reeves Chapel, Main Hospital, Level 1

About: Writing group for all, including staff. No sign up needed. Email Heidi.Gessner@unchealth.unc.edu for more information.

Pittsboro: For caregivers who lost a loved one. Call 984-215-2650 or email Ann.Ritter@unchealth.unc.edu

Support Groups and Gatherings

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 details contact Michelle Manning at mmanning@unc.edu

Young Survival Coalition Face 2 Face Support Group

When: Go to <https://www.meetup.com/pro/yscf2f/> for date and time.

Where: NC Chapters in Chapel Hill, Charlotte, Greenville and Raleigh

About: Young women diagnosed with breast cancer meet for support.

Caregiver Conversations

When: Tuesdays, 3-4 PM

Where: Patient & Family Resource Center, Main Lobby

About: Planned topics and social time for caregivers. For details call Loretta Muss at 984-974-8107. 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.

I CANcer: Teen & Parent Support Groups

When: 2nd Wednesday of the month, 5:30-6:30 PM

Where: Pediatric Clinic, N.C. Cancer Hospital (Level 1) OR a scheduled local outing

About: For UNC Pediatric Hematology-Oncology patients and siblings ages 13 and up. Parents meet separately. Email Stephanie.Mazze@unchealth.unc.edu for details.

KidsCan!

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

About: For kids who have a parent or 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

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.

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.

One-on-One Meditation Yoga

When: Dates vary

Where: Cornucopia Cancer Support Center, Durham

About: Use meditation and gentle yoga for awareness, calm breathing, mindful movement and deep relaxation. Gain access to your inner resources for living, healing and coping with stress. Call 919-401-9333 for a one hour session.

Sharing Hope

When: 1st & 3rd Wednesday of month, 10:30 AM-Noon

Where: Rex Cancer Center-Family Support Room

About: For people living with metastatic or recurrent cancer. Registration required call 919-784-1641.

Sharing Support

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

Where: Rex Cancer Center

About: For caregivers to reflect on experiences and coping. Registration required call 919-784-1641.

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/

Sharing Survivorship

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

Where: Rex Cancer Center-Family Support Room

About: Offers patients and caregivers support as they move through treatment to recovery and beyond. Registration required call 919-784-1641.

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 please call 984-974-8113. Learn more at www.singlefathersduetocancer.org

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.

Triangle Area Multiple Myeloma Support

When: 4th Saturday of the month, 10 AM-Noon

Where: Westminster Presbyterian Church, Durham

About: For more information, call Thomas Goode at 252-915-9466 or triangleareasg@imfsupport.org

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 at 919-218-7995 or Cynthia.Smith@unchealth.unc.edu

Triangle Bladder Cancer Support

When: Tuesday, April 11 and May 9, 7-8:30 PM, call for June date at 984-974-8100

Where: SECU Family House, Chapel Hill

About: For bladder cancer patients and caregivers. Visit www.trianglebcs.org to learn more.

Services

CCSP Massage Therapy Services - Inpatient

When: Tuesdays, Wednesdays & Thursdays by appt.

Where: 4 Oncology, BMTU, 6 Women's, 7 Neuro, 5 Children's, MICU or PICU

About: 15-30 minute massages for patients on inpatient units. Please check with your nurse before making appointments. Call 984-974-8100.

CCSP Massage Therapy Services - Outpatient

When: Weekdays vary

Where: All cancer chemotherapy infusion areas

About: 15-20 minute massages for patients in infusion. Call 984-974-8100 for more information.

Look Good Feel Better© Program, Morning of Beauty

When: April 17, May 15, June 19; 10 AM-Noon

Where: Patient & Family Resource Center, Main Lobby

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

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 for more information.

- Find the Cancer Support Calendar on the web: www.unclineberger.org/ccsp
- To add to the calendar, email: Yvonne.Angwenyi@unhealth.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 online

www.unclineberger.org/about/nccancerhospital

N.C. Cancer Hospital Caregiver Website

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

Rex Cancer Center

4420 Lake Boone Trail, Raleigh

919-784-1641 or www.rexhealth.com

Email: UNCRexCancerCare@unhealth.unc.edu

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 online

www.unccmedicalcenter.org/unccmc/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 Road, Durham

919-489-4974 or www.wpcdurham.org

Wholistic Health Studio

1000 Hackberry Lane, Durham

919-489-5355 or www.wholistichealthstudionc.com