

# Cancer Support Calendar

Summer 2017 Edition: July and August



**M**any 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

### Be Loud! '17

**When:** August 25 & 26

**Where:** Chapel Hill

**About:** Concerts hosted by the Be Loud! Sophie Foundation to benefit adolescent and young adult cancer patients and their families at UNC. For more visit [www.beloudsophie.org](http://www.beloudsophie.org)

### Community Lunch and Learn Lectures

**When:** Fridays, Noon-1 PM

July 28 (Prostate Cancer: What to Expect Along the Journey) and August 25 (20 things that People with Cancer Want You to Know)

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

**About:** For patients and families affected by cancer. For details, please call the UNC Cancer Network at 919-445-1000 or visit [www.unccn.org](http://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 at every step from transplant to recovery. For dates and more information, call 984-974-8280.

### Cancer Pro Bono Legal Clinic

**When:** By appointment. Call for details.

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

**About:** Help preparing General Powers of Attorney, Health Care Power of Attorney and Advance Directives (Living Wills). For more, please call 984-974-8112 or email [cdrogers@email.unc.edu](mailto:cdrogers@email.unc.edu)

### Caregiver Workshop

**When:** Wednesday, July 5 and Thursday, August 3  
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 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:** July 17 and August 21, 10 AM-12 Noon

**Where:** Patient & Family Resource Center, Main Lobby

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

### 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:** Wednesdays, July 5, 12 & 19, 11 AM-12:30 PM

Thursdays, July 6, 13 & 20, 6 PM-7:30 PM

**Where:** Raleigh Yoga Center

**About:** Gentle yoga for anyone touched by cancer. \$5 donations accepted for Cornucopia. To register, call 919-401-9333 or email [info@cancersupport4u.org](mailto:info@cancersupport4u.org)

### Writing for Resilience

**When:** July 18 and August 22, 12 -1 PM

**Where:** John Reeves Chapel, Main Hospital, Level 1

**About:** Writing group for everyone, including staff.

Email [Heidi.Gessner@unchealth.unc.edu](mailto:Heidi.Gessner@unchealth.unc.edu) for details.

## 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 more email Michelle Manning [mlmannin@email.unc.edu](mailto: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: [www.caregivers.web.unc.edu](http://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:** 2<sup>nd</sup> Wednesday of the Month, 5-6:15 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 12 and up. Parents meet separately. Please call 984-974-9341 for details.

### KidsCan!

**When:** 2<sup>nd</sup> 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, please call 919-684-2913.

### Living with Metastatic or Advanced Cancer

**When:** 1<sup>st</sup> & 3<sup>rd</sup> 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:** 3<sup>rd</sup> 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 1-hour session.

### **Oral and Head and Neck Support Group**

**When:** 3<sup>rd</sup> 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.

### **Sharing Hope**

**When:** 1<sup>st</sup> & 3<sup>rd</sup> 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:** 2<sup>nd</sup> Friday of the Month, 10:30 AM-Noon

**Where:** Rex Cancer Center

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

### **Stupid Cancer Happy Hour!**

**When:** 2<sup>nd</sup> Tuesday of the Month, 7-9 PM

**Where:** Rotating Triangle Locations

**About:** For young adults affected by cancer. Visit [www.facebook.com/groups/scsoutheast/](http://www.facebook.com/groups/scsoutheast/)

### **Sharing Survivorship**

**When:** 1<sup>st</sup> Friday of the Month, 10:30 AM-Noon

**Where:** Rex Cancer Center, Family Support Room

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

### **Single Fathers Support Program**

**When:** 3<sup>rd</sup> 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](http://www.singlefathersduetocancer.org).

### **Triangle Area Multiple Myeloma Support**

**When:** 4<sup>th</sup> Saturday of the Month, 10 AM-Noon

**Where:** Westminster Presbyterian Church

**About:** For more information, call Thomas Goode at 252-915-9466 or [triangleareasg@imfsupport.org](mailto:triangleareasg@imfsupport.org)

### **The Loss of Your Spouse Support Group**

**When:** Dates vary. Call for details.

**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](mailto:Cynthia.Smith@unchealth.unc.edu)

### **Triangle Bladder Cancer Support**

**When:** Tuesday, July 11 and August 8, 7– 8:30 PM

**Where:** SECU Family House, Chapel Hill

**About:** For bladder cancer patients and caregivers. For details, call 984-974-8100 or visit [www.trianglebcs.org](http://www.trianglebcs.org)

### **Young Survival Coalition Face 2 Face Network**

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

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

**About:** For young women diagnosed with breast cancer.

## 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.

## 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.

### 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/patientcare/support](http://www.unclineberger.org/patientcare/support)
- To add to the calendar, email: [Yvonne.Angwenyi@unchealth.unc.edu](mailto:Yvonne.Angwenyi@unchealth.unc.edu)

## Area Resources & Contact Information

### Caring House

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

### Cornucopia Cancer Support Center (CCSC)

20 West Colony Place, Suite 220, Durham  
919-401-9333 or [www.cancersupport4u.org](http://www.cancersupport4u.org)

### 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)

### N.C. Cancer Hospital Caregiver Website

[www.caregivers.web.unc.edu](http://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](http://www.unclineberger.org/patientcare/support/ccsp/programs/pfrc)

### Raleigh Yoga Center

619 Oberlin Road, Raleigh  
919-856-1390 or [www.raleighyoga.com](http://www.raleighyoga.com)

### Rex Cancer Center

4420 Lake Boone Trail, Raleigh  
919-784-1056 or [www.rexhealth.com](http://www.rexhealth.com)

### SECU Family House

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

### UNC Hospice Office

287 East Street, Suite 221, Pittsboro  
984-215-2650 or [www.uncmedicalcenter.org/uncmc/care-treatment/hospice/](http://www.uncmedicalcenter.org/uncmc/care-treatment/hospice/)

### UNC Wellness Center at Meadowmont

100 Sprunt Street, Chapel Hill  
919-966-5500 or [www.uncwellness.com](http://www.uncwellness.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)