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 more information, please call 984-974-8100 or visit our site: www.unclineberger.org/ccsp

**Upcoming Events**

**Annual Lung Cancer Advocacy Summit**
*When:* August 17 & 18, 2018  
*Where:* Concord, NC  
*About:* Connect with participants from across the state to raise awareness of lung cancer. Learn about advocacy, community involvement and research. Registration required by August 15, travel support is available. Visit www.lungcanerinitiativenc.org

**Be Loud! ’18**
*When:* August 24 & 25, 2018  
*Where:* Chapel Hill  
*About:* A benefit by the Be Loud! Sophie Foundation for UNC adolescent and young adult cancer patients and their families. Visit www.beloudsophie.org/

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

**¿Ahora Que?**
*Cuando:* Día Sabádo 30 de Junio, 2018  
8:00 am—12:30 pm  
*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.
Cancer Pro Bono Legal Clinic
When: By appointment
Where: Patient & Family Resource Center, Main 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: Durham
About: Free therapies for cancer patients/survivors in treatment or within 6 months after treatment. Includes: Acupuncture, Oncology Massage, Healing Touch, Reiki and Counseling. Call Cornucopia at 919-401-9333.

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: Mondays, June 18, July 16 & August 20
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

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.

Writing Toward Resilience
When: Mondays, 12 Noon-1 PM
Where: SECU Jim and Betsy Bryan Hospice Home
About: No cost weekly writing workshop for those grieving a loss or are a current caregiver. Facilitated by Carol Henderson, author and workshop leader. No registration necessary. For more information, contact Ann Ritter at UNC Hospice Ann.Ritter@unchealth.unc.edu or 984-215-2650.

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@schsru.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 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.

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: Dates vary. Contact for details.
Where: N.C. Cancer Hospital (Level 1) or outing
About: For patients of UNC Pediatric Hematology/Oncology and siblings ages 12 and up. Parents meet separately. Email Meghan.Fox@unchealth.unc.edu

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: Dial-in Teleconference
About: Support group for those new to treatment, survivors and loved ones. Please call 919-401-9333 to pre-register and receive the call-in number.

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
When: Varies
Where: Over the telephone and/or in-person meetings throughout North Carolina
About: Peer Connect is a confidential peer-support program that connects anyone touched by any type of cancer with another person whose experiences with cancer are similar. 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. More at www.widowedparent.org

Sharing Support
When: 2nd Friday of the Month, 10:30 AM-Noon
Where: UNC Rex Cancer Center, Family Support Room
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, Family Support Room
About: Supporting patients and caregivers from treatment to recovery and beyond. Registration required call 917-784-6863.

The Loss of Your Spouse Support Group
When: Thursdays, July 19-August 30
Where: Seymour Center, Chapel Hill
About: For those experiencing the loss of a 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 transition to post-treatment care. Call 919-784-6120 or email Loreal.Massiah@unchealth.unc.edu for details.

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.
Magnolia Meals at Home
About: Free meal delivery for patients & families affected by breast, thyroid & kidney cancers and soft tissue sarcoma. For details 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 Boutique
When: Monday to Friday, 9 AM-4 PM
Where: Patient & Family Resource Center, Main Lobby
About: Head coverings for men and women. Call 984-974-8100 for an appointment.

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

 Services

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

SECU Family House
123 Old Mason Farm Road, Chapel Hill
919-932-8000 or www.secufamilyhouse.org/

SECU Jim and Betsy Bryan Hospice Home of UNC
100 Roundtree Way (Behind Bojangles Pittsboro)

Seymour Center
2551 Homestead Road, Chapel Hill
919-968-2070 or www.orangecountync.gov/departments/aging/

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

William and Ida Friday Center
100 Friday Center Drive, Chapel Hill

Wholistic Health Studio
1000 Hackberry Lane, Durham
919-489-5355 or www.wholistichealthstudionc.com

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

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