

Cancer Support Calendar

Summer 2019 Edition: June, July & August



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 and your family through 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 details, visit the **Mary Anne Long Patient & Family Resource Center** or call 984-974-8100. Learn about the UNC Comprehensive Cancer Support Program at www.unclineberger.org/ccsp

Upcoming Events

Lunch in the Garden

When: Wednesday, June 26, 7 PM

Where: Zeny's garden, SECU House, Chapel Hill

About: Join our oncology dietitians for a cooking demonstration followed by a free lunch. Open to all cancer patients, caregivers and Family House guests. Must register by June 21, please call 984-974-8232.

Cancer Conversations

When: Fridays Noon–1 PM,

June 28-Medical Marijuana and CBD Oil

July 26-Eating Well for Good Health

Where: Online using Zoom and in person around North Carolina

About: Free monthly educational cancer webinars for the public led by UNC experts in language that is easy to understand. Please call 919-943-2211 or visit www.unccn.org

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

Acercas: 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)

Acercas: 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.

Classes and Workshops

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: Call for dates

Where: SECU Family House, Chapel Hill

About: FREE workshop series for patients and caregivers after treatment. To register call 984-974-8100.

ComMotion NC: Dance and Movement for Everyone

When: Call for dates

Where: Call for details

About: 45 minute dance lesson followed by a practice party. Wear soft-soled shoes, no flip flops, \$5 donation. RSVP at 919-445-4255 or carly_bailey@med.unc.edu

Cornucopia Cancer Support Center

When: Varies, by appointment

Where: Chapel Hill-Raleigh-Durham

About: Cost-free therapies and services for cancer patients/survivors and their caregivers. Includes: Acupuncture, Oncology Massage, Health Coaching, Counseling, Meal Delivery and Transport Assistance. 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.

LIVESTRONG at the YMCA

When: Mondays and Wednesdays

Where: YMCA, Chapel Hill

About: FREE 12 week exercise and wellness program for adult cancer survivors. Registration required, email Louise.Keefer@YMCATriangle.org or call 919-987-8837.

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 Group

Chapel Hill: Summer dates vary, please contact Heidi.Gessner@unchealth.unc.edu

Pittsboro: Off for summer, starts after Labor Day

Support Groups and Gatherings

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, 2-3 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.

Friday Family Coffee

When: Fridays, 9-11 AM

Where: Patient & Family Resource Center, Lobby

About: Weekly breakfast for patients and caregivers.

Grief Oasis

When: Tuesdays, 6-8 PM

Where: Mt. Carmel Baptist Church, Chapel Hill

About: Free non-religious weekly support for those who have lost a loved one. Contact GriefOasis@gmail.com

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

Kids and Teens: Sibling Support Group

When: Saturday, June 8, 1-3 PM

Where: Ronald McDonald House, Chapel Hill

About: Support for siblings of patients treated at UNC ages 3-16. For questions and to RSVP, please call Mary-Claire Derrickson at 984-974-9341 or email

Mary.derrickson@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. 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 919-401-9333.

Sharing Hope

When: 10:30 AM-Noon, rotating Mondays and Wednesdays, call for details

Where: UNC Rex Cancer Center locations, Raleigh

About: Discuss serious illness and planning for the future with an advanced cancer. Call 919-784-1641.

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, July 31-Sept 11

Where: SECU Jim and Betsy Bryan Hospice home

About: Grief support for those who had a loss. To register, contact Ann.Ritter@unchealth.unc.edu or call 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

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

Off for the summer, starts in September

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. Dinner and childcare provided. To register, call Diane Bensley at 984-974-2548. More at www.widowedparent.org

Young Adult and Teen Meet Up

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

Where: Namu Restaurant, Durham

About: For young adults and teens in cancer treatment and their friends, partners and family. No need to RSVP, just show up! For details, email lauren_lux@med.unc.edu

Young Adults: 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/

Young Survival Coalition

When: Varies, visit www.youngsurvival.org

Where: Chapel Hill, Charlotte, Greenville & Raleigh

About: Support for young women with breast cancer.

Services

Tobacco Treatment Counseling and Medication Assistance

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 984-215-2671.

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.

DigniCap® Scalp Cooling Services

About: Reduces hair loss from chemotherapy. Now at UNC Health Care - Hillsborough Oncology. Approved only for select treatments, details at www.dignicap.com

Editors: Yvonne Angwenyi | Oncology Patient Education Program
Pam Baker | Patient and Family Resource Center

Image: Courtesy of Pixabay.com

Contact Information and Venues

Mary Anne Long Patient & Family Resource Center
Main Lobby, N.C. Cancer Hospital
984-974-8100 | www.unclineberger.org/ccsp

N.C. Cancer Hospital

101 Manning Drive, Chapel Hill
984-974-0000 | www.unclineberger.org

Caring House

2625 Pickett Road, Durham
919-490-5449 | www.caringhouse.org

Cornucopia Cancer Support Center

20 West Colony Place, Suite 220, Durham
919-401-9333 | www.cancersupport4u.org

Mt. Carmel Baptist Church

2016 Mount Carmel Church Road, Chapel Hill

Ronald McDonald House

101 Old Mason Farm Road, Chapel Hill
919-913-2040 | www.rmh-chapelhill.org/

SECU Family House

123 Old Mason Farm Road, Chapel Hill
919-932-8000 | www.secufamilyhouse.org/

SECU Jim and Betsy Bryan UNC Hospice Home

100 Roundtree Way, Pittsboro | 984-215-2675

UNC Hospice Office

287 East Street, Suite 221, Pittsboro | 984-215-2650

UNC Rex Cancer Center

4420 Lake Boone Trail, Raleigh
919-784-1642 | www.rexhealth.com

Westminster Presbyterian Church

3639 Old Chapel Hill Road, Durham | 919-489-4974

Wholistic Health Studio

1000 Hackberry Lane, Durham
919-489-5355 | www.wholistichealthstudionc.com

YMCA: Chapel Hill/Carrboro

980 MLK Jr Blvd, Chapel Hill
919-987-8837 | www.ymcatriangle.org

✉ Send updates to oncpatienteducation@unchealth.unc.edu

🌐 Download or view calendar and join the CCSP monthly listserv at: www.unclineberger.org/ccsp